



UK's first bike safe junction

Three new safety features aim to cut cycle casualty rates

SEE PAGE 6



On your marks, get set, run...

Athletic club still going strong as they enter their 90th year on the run

SEE PAGES 14 & 15



Things to do, places to go

A busy month ahead, out and about in the borough

SEE INSIDE

ISSUE 1075 31 AUGUST - 6 SEPTEMBER 2015

WWW.TOWERHAMLETS.GOV.UK



eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Spotlight shines on summer art group

BY NATHAN AKEHURST

NINE young artists enjoyed their moment in the spotlight after completing an intensive three-week course.

They collected Art Awards at a celebration on August 21 at Spotlight Youth Centre, Poplar, marking the end of the Summer Arts programme for young people from difficult backgrounds. The scheme was run by

the council's youth offending team in partnership with the charity Only Connect.

Elli Faramarzi, a youth worker with Only Connect, said: "It's been a hard and challenging few weeks.

"The young people have done a great job – they did something they never thought they could do, and proved that anything can be done with the right guidance and support.

"Not only does this project

take them off the streets, but it teaches them what else is available in life – and every child should have that choice."

Jordan, who had helped make a professional-quality short film, said the programme had helped him see that "there's more to life than the hood".

Fellow participant Shakib added: "Summer Arts gave me a reason to get up and go outside."

The programme has been proven to help at-risk young people move back into mainstream education, employment and training, improve literacy

as well as artistic skills, and give participants a memorable experience.

Unitas, a charity that helps young people excel in education and training, supported and helped fund the project.

The young people will now appear in Unitas' official publicity.

Nasima Patel, head of children's services, who presented the awards, said: "The Spotlight event reflected the energy, creativity, hard work and humour that these young people have brought to their project."



Young people from the Summer Arts programme at Spotlight Youth Centre

EVERARD

CONSTRUCTION MANAGEMENT

Architectural Works:

- Planning
- Structural Engineering
- 3D Design
- Quantity Survey
- Building Control
- Project Management

Building and Construction Works:

- Loft Conversions
- Extensions
- Reburbishments
- Kitchens and Bathrooms
- Bespoke Bedroom Design
- Plumbing and Electrics
- Double Glazing
- Restaurants
- Basement Conversions

do it the *Smart* way

EVERARDGROUP.COM
0207 265 9355

PART OF CHYTEL GROUP

cityfox
estate agents
190 Mile End Rd
London E1 4LJ

GUARANTEED RENT 0% FEE
SELL YOUR PROPERTY FOR JUST 1%
Terms & Conditions Apply

3 Months rent in advance, FREE Gas, Electric and EPC Cert

Landlords if you are looking to SELL or LET your property contact City Fox for a FREE valuation

Free valuation: 020 7791 5333 www.city-fox.co.uk

Put pen to paper

The Sundial Centre hosts a group where older people meet once a fortnight to write about their lives.

WWW.SUNDIALBOOKPROJECT.WORDPRESS.COM

Sally shares her memories

Sally Flood will be reading extracts from the book at the Museum of London Docklands, West India Quay, on Saturday, September 26 as part of the Your River Family festival.

WWW.MUSEUMOFLONDON.ORG.UK/DOCKLANDS

News

East End Life is produced by Tower Hamlets Council, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG.

Tel: 7364 3179 Fax: 7364 4917

Email: eastendlife.news@towerhamlets.gov.uk



Editor Helen Watson

Tel: 7364 3173

Deputy Editor Russell Cotman

Tel: 7364 4128

Reporter

Jessica Odubayo

Tel: 7364 4365

Photos

Kois Miah

Tel: 7364 3253

Advertisement Manager

Sharan Ahmed

Tel: 7364 4061

Senior Advertising Sales

Executive

Christine O'Doherty

Tel: 7364 4994

Senior Advertising Sales

Executive

Fatima Khan

Tel: 7364 4623

Advertising Production

Controller & Sales Executive

Terri Gornall

Tel: 7364 4682

Distribution Manager & Finance

Abdul Miah

Tel: 7364 0474

East End Life is published by Tower Hamlets Council with a print run of 99,000 copies delivered to homes, organisations and businesses in the borough every week.



The official independently audited door-to-door delivery is 82,279 Audit Bureau of Circulation (ABC Regional) July-Dec 2014.

Information included in the newspaper is not necessarily endorsed by Tower Hamlets Council.



East End Life is printed on recycled paper – when you have finished with the newspaper, please recycle it.

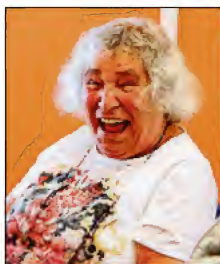
soundtalking

East End Life is also available on audio tape – if you know someone who would like to receive it in this format call 7364 4309 or email abdul.miah@towerhamlets.gov.uk

Printed by Trinity Mirror.

Distributed by London Letterbox Marketing, Unit 6, Crescent Court Business Centre, E16 4TG. Tel: 8940 0666

If you know someone who does not receive **East End Life** call 7364 0474 or email abdul.miah@towerhamlets.gov.uk



Ann Hamblin, Sarah Ainslie, Sally Flood, Mark Mapstone, Barry Gendler and Dorothy Lloyd have contributed to the book

Sundial writers make a little piece of history

BY MUNA ABDI

FAMILIES of 14, conscription and war are just some of the subjects touched on by the Sundial Centre creative writing group.

The Shipton Street group has been meeting for five years and is led by Sally Flood, who was born a stone's throw away in Chambord Street.

The writers have recently come together to produce a book, *Tales by EastEnders*, with themes ranging from family and adulthood to pet peeves.

Like many other members of the group, Sally knows the East End and its cultural history inside out.

"We left school at 14," she told **East End Life**. "I had a summer job at 12 and again at 13 and then I went to work at 14. We were brought up to know that this is what we were going to do.

"We had no idea of going on to college or university, that just wasn't for us. But it didn't stop us enjoying our lives."

Contributors to the book include Barry Gendler, Ann Hamblin and Dorothy Lloyd, who were all born in the East End and still live here today. They provide a fascinating insight into a community that has changed many times over the years, but has maintained something special that distinguishes it from other areas of London.

That 'something' is explored throughout the book – whether it is the market culture or the different accents heard on the street.

The writers' poems and short stories capture memories of the East End.

The book has received a great response. "Lots of people who have bought the book have told me that they can't put it down," Barry told **East End Life**.

"What they love about is that there are

short pieces that they can come back to, again and again. They don't have to read it all at once.

"We are working on another book, it is going to be on things about the East End and the way it has developed."

One piece that stands out in the book is a poem called *Words*, which was written by Sally herself.

"I'm fascinated with accents," said Sally, whose grandparents arrived from Bessarabia in Eastern Europe in the late 1800s.

"As a child, I would wonder why my parents would speak differently to other people's. I think that was what got me writing. The East End has always had different races living alongside each other."

Tales by EastEnders is full of genuine tales, both comical and moving, of real people and their full and vibrant lives. It is available for £13 from the Brick Lane Bookshop, Newham Books and Broadway Books (Hackney).



Inside this week's issue

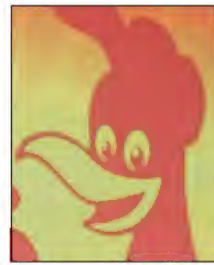
Useful information.....	8	Council information.....	16 & 17
History.....	11	Property.....	18-23
Harmony.....	12 & 13	Recruitment.....	24
Victoria Park Harriers turning 90.....	14 & 15	Sport.....	27 & 28



Campaign for transparency steps up

On September 7, the overview and scrutiny committee will hear from Mayor John Biggs and the Centre for Public Scrutiny. It will also look at transparency in relation to whistleblowing.

SEE BELOW



Food friends

Chicken Takeover was hosted by the Mile End Community Project.

SEE BELOW

News

Arts event offers taste of the culture behind fried chicken

BY JESSICA ODUBAYO

IT may be unhealthy, but it provides safe social spaces for young people to meet, and it is cheap and convenient.

These were some of the opinions put forward at an event in Bethnal Green, which took a light-hearted look at the culture surrounding fried chicken.

Young people, health and research professionals, community leaders and fried chicken businesses were among those at the Chicken Takeover event held at Rich Mix arts and events venue in Bethnal Green Road.

It was hosted by grassroots film and media organisation Mile End Community Project.

The audience watched the project's award-winning short film 'Chicken' which features clips of young people discussing why the food appeals to them.

Launched earlier this year, the film won in the 'best free fall' category at this year's Limelight short film awards and was showcased at this summer's



Guzzly Bear, right, shares the stage with deputy young mayor Monsur Ali

Shuffle Festival in Mile End, curated by film director Danny Boyle.

Oliver Carruthers, head of programming at Rich Mix, said: "Chicken shops are a popular phenomenon among young people in Tower Hamlets.

"This event offered a great

taster into why this is the case, and we're really looking forward to continuing work on the project with Assan, Nurull and the Mile End Community Project team."

The takeover event also featured a panel discussion that focused on the question,

'What's the big deal about fried chicken?'

Visitors shared their experiences and views about fried chicken, there was an open mic session where Reazul Karim, 13, performed a literary piece on what fried chicken means to society; and Zohair Abbasi of

the Bollywood fusion band AlphaNomega performed a specially written song about fried chicken.

Comedian and social media personality Guzzly Bear was compere for the evening.

It all ended with a chicken 'taste-off', between grilled and fried hot wings.

Assan Ali, 39, a founding director of Mile End Community Project, told East End Life that the event, attended by about 50 guests, was a success at encouraging young people to open up about a topic that matters to them.

Rachael Saunders, deputy mayor and cabinet member for education and children's services, said: "The Chicken Takeover was a real insight into the social life, slang and sense of community that people find in fried chicken shops.

"I also enjoyed seeing the Mile End Community Project owning another major stage, at Rich Mix, following its success at Shuffle, at the film awards and elsewhere. Congratulations to all involved."

News in brief

Collision appeal

DETECTIVES are appealing for information after a moped rider was seriously injured in a collision in Poplar.

A member of the public who witnessed the aftermath of a crash in Leamouth Road, E14, called the emergency services just after midnight on Tuesday, August 18.

Police and the London Ambulance service attended the scene and found the 27-year-old rider with serious injuries.

He was taken to a hospital where he remains in a critical but stable condition.

Detectives are appealing for anyone who may have seen the incident or the events leading up to it to call them on 8597 4874.

A helping hand

AN independent service, which offers support and advice to NHS patients, is inviting residents who need help to get in touch.

The NHS Complaints Advocacy can explain the complaints process, help residents who write letters, and help people prepare for meetings, and accompany them if necessary. The service is free and confidential.

Email nhscomplaints@voiceability.org, visit www.nhscomplaintsadvocacy.org, call 0300 330 5454 or textphone 07860 022939.



AN entrepreneur who set up a business less than a year ago will be hosting her first pop-up shop this week.

Lucy Dolan, 25, from Poplar, struggled to find a job after university so started ZigZag Teas. She will be at the Chrisp Street Festival this Sunday, September 6.

■ Turn to Get A Life page 4 for more about the festival.

Transparency commission wants to hear your views

TOWER Hamlets' Overview and Scrutiny Transparency Commission (OSTC) is still welcoming views from residents through an online survey, which is open until September 18.

The council's overview and scrutiny committee launched the consultation so residents, businesses and organisations can help shape the council's approach to transparency.

With reduced funding from central government, transparency over how councils use public money is being seen as more important than ever.

Cllr John Pierce, chair of the committee, said: "Going forward, we are committed to transparency being at the heart of all we do.

"I would encourage everyone who uses the council's services, or with a stakeholder interest in the council, to consider how we can make our processes more open to scrutiny."

A link to the survey can be found at www.towerhamlets.gov.uk/OSTC

The survey is open for comments until midnight on September 18. The findings will be considered by the committee at its meeting on October 5.

CANARY WHARF SUPPLEMENTARY SCHOOL

Need extra help with school subjects?
We are ready to help

- professional volunteers
- small revision groups
- past SATs and GCSE papers available

Every Monday (term time only)
Starts 7th September 2015
5.30pm - 7.30pm
Clifford Chance
10 Upper Bank Street,
Canary Wharf, E14 5JJ
07813 910 299
zafar.razaq@icss.org.uk
www.icss.org.uk

Year 7 to Year 11 incl GCSE Support
SCIENCE
MATHEMATICS
ENGLISH

To register call 0781 391 0299 or email us

Only £25 per term

Limited Spaces!

We're upgrading the Cycle Superhighway from Aldgate to Bow to improve safety

There may be delays.
Know your travel options.

Paul, Transport for London



Until spring 2016 improvement works are taking place to upgrade Cycle Superhighway 2 providing segregated cycle lanes as part of the Road Modernisation Plan.

Work is currently taking place on:

- Whitechapel Road between Commercial Road and Cambridge Heath Road
- Mile End Road between Cambridge Heath Road and Harford Street
- Mile End Road and Bow Road between Harford Street and Harley Grove
- Bow Road between Harley Grove and Bow Roundabout

During the works there will be delays in the immediate and surrounding areas, so please plan ahead and allow additional time for your journeys, especially during peak times. To find out more visit tfl.gov.uk/cs2upgrade and get the latest on this, and any other works that may affect your journey.

MAYOR OF LONDON





Free shingles jab for over-70s

Shingles usually starts with a headache, fever and tiredness. A tingling or burning pain is also common, followed by blisters. Older people are particularly at risk.

WWW.NHS.UK/CONDITIONS/SHINGLES

Get yourself protected

The shingles vaccine is available year-round, and once vaccinated people are protected for at least five years.

News

Remembering Tom, an East End stalwart

BY JESSICA ODUBAYO

THOMAS Cole, one of the last traditional East End totters (rag and bone men), has died aged 87.

Tom, who died on August 14, worked until the age of 70 and carried out his trade across the East End with his horse and cart.

His daughter, Loraine Kutner, said: "Tom was the complete East Ender, never having left it or wanted to leave it, even during the war years.

"Dad was born and raised in Hackney Wick until his parents bought a pub in Hoxton.

"After doing National Service, he bought a horse and cart and worked all around Hackney, Bow, Bethnal Green, Stepney and Clapton.

"He had stables in Cassland Road, Victoria Park for many years. He then moved to Bow and had stables and a second-hand yard in Charnwood Street."

Loraine recalled how, years ago, Tom would take the clothes and bric a brac he had acquired



Tom Cole, who worked all around the East End as a rag and bone man

to Petticoat Lane, every Sunday, on the horse and cart with his dad, also called Tom.

The father and son were filmed for Man Alive, a BBC documentary programme.

"It took nearly three weeks to get 30 minutes of footage due to their colourful language and antics," Loraine said.

After retiring, Tom lived in Bow and was often seen at

Roman Road Market, chatting to friends and having a drink in the Hand & Flower pub.

In a nod to the importance of horses in his life, Tom will be taken to Manor Park Crematorium by two black horses and carriage on Friday, September 4 at 11.30am. He is survived by wife Peggy, two daughters, four grandchildren and two great grandchildren.

Free shingles vaccination

PEOPLE aged 70, 78 and 79 years of age are being urged to take up the offer of a free shingles vaccine.

GPs in the borough are encouraging residents who are eligible for the jab to make an appointment, after data released by Public Health England showed only about 40 per cent of Londoners have done so.

Patients aged 70, 78 or 79 with a GP will be invited for a vaccination, which can be given at the same time as the flu jab.

Sir Sam Everington, local GP and chair of NHS Tower Hamlets Clinical Commissioning Group, said: "By increasing uptake of the vaccine, we hope to prevent this condition among older people in Tower Hamlets.

"Shingles can be extremely painful and potentially debilitating. Older people are particularly at risk because shingles is triggered by the weakening of the immune system, which occurs as you get older.

"People over 70 years of age are also more likely to suffer from shingles for longer and have more complications."

It is estimated that around one in five people who have had chickenpox go on to develop shingles. Symptoms include a painful rash, usually affecting one side of the body, the head and neck, or the eye.

Shingles usually starts with a headache, fever and tiredness. A tingling or burning pain is also common, followed by blisters.



Jan Napierski

Missing Bow man is found

JAN Napierski, who was reported missing from his home in Bow last week, has been found safe and well.

Jan, 60, who speaks no English, was found on Saturday, August 22.

News in brief

Man comes forward

A MAN walked into Bethnal Green police station last week in connection with an attack on a female cyclist.

Police were called after reports that a woman was assaulted on Sidney Street, on Friday, May 1. But video footage captured by the victim's own camera was only released last Tuesday, August 25.

The 33-year-old man who walked into the police station identified himself as the man shown in the video. He was not arrested and a spokesperson for the police said he would be interviewed in due course.

Enrolment day

RESIDENTS are invited to sign up for courses including health improvement, English as a second language (for mums

with children aged under five), IT, gardening and job hunting.

South Poplar and Limehouse Action for Secure Housing (SPLASH) will host an enrolment day at Wigram Community Centre, 1-3 Wigram House, Wades Place, E14 on Tuesday, September 8 from 11am-1pm.

For information call Mandy or Nazma on 7515 8362 or visit www.splashcommunity.com

Murder charge

A MAN has been charged with killing his father in Bethnal Green. Suluk Ahmed, 31, of Huddleston Close, Bethnal Green, was charged last Wednesday, August 26, with the murder of Jamir Ali, 79, on Sunday, August 23, and with two counts of attempted murder.

He appeared at Thames Magistrates' Court on Thursday, August 27.

Bright inTuition

Building knowledge bit by bit

A dynamic, weekend supplementary school providing private tuition in:

OPEN DAY
29th & 30th August
5th & 6th September
11am - 5pm

ENGLISH

MATHS

SCIENCE

Year 1 - GCSE
Classes run every Saturday & Sunday
10am - 5pm

Why choose us?

- ✓ Small group sizes
- ✓ One-to-one support
- ✓ Follows National Curriculum
- ✓ Fully-qualified teachers
- ✓ Affordable prices (£6 - £10 per hour)

Venue:
Madani Girls School
Myrdle Street,
London E1 1HL

Contact us:
☎ 07985 924 948
☎ 07954 400 129
✉ info@brightintuition.com
🌐 www.brightintuition.com

ENROLLING NOW, CALL
07985 924 948
07954 400 129

AUTUMN TERM BEGINS 5TH SEPTEMBER 2015

Contact the mayor

To contact the mayor, call his office on 7364 4993 or email him at mayor@towerhamlets.gov.uk

WWW.TOWERHAMLETS.GOV.UK/MAYOR

News

Tower Hamlets is the place to be

LAST week's GCSE results brought more good news for the borough, following the successes of pupils in their A Levels.

There have been exceptional performances from right across the borough. Maximum respect to those A*s, but also to the work of our schools in bringing out the best in all of our students.

It's a testament to the hard work and commitment of those students, parents and teachers that once again, according to early figures, we have recorded better results than many other London boroughs.

The education system in Tower Hamlets is in good shape – and in an ever more competitive world, with very few of those old, low-skill, jobs-for-life it has to be if we are to help the next generation.

And if you are older and this leaves you feeling grumpy, don't forget that their success is pretty helpful to all of us, for all sorts of reasons!

I am also pleased to report that the council has appointed a new chief executive – Will Tuckley, who we have tempted here from Bexley, where he



MAYOR OF TOWER HAMLETS

has been chief executive for eight years.

He brings great experience, and his appointment is a part of the change we need to go through to rebuild trust and leadership, after the bumpy events of the recent past.

Why would Will want to come here? It's simple – we may have many challenges, but this is simply the most exciting place to be, in the greatest city in the world.

Going back to the school results, if we get things right, develop excellence, energy, pride, and support each other – particularly those who are battered by the scale of change – there is simply nowhere else to be.

Mayor John Biggs

Mayor John Biggs will be attending the demolition of three housing blocks this week, as part of the ongoing regeneration of the Ocean Estate. The blocks are set to be replaced by 225 new homes.

LANDLORDS..... OPTIMIZE YOUR RENT

- Free Refurbishment
- 3 Months paid in advance
- Basic Maintenance **FREE**
- All Certificates **FREE**
- **FREE** Management
- 0% Commission
- 1-5 Years Guaranteed Rent



Incentive for an introducer up to £500

Properties Urgently Required In All East London Boroughs

ampleproperties.co.uk

0207 488 1140

137 Cannon Street Road, E1 2LX

T&C apply



First cycle-safe junction in UK

Under the new design of the junction, left-turning traffic will be held at a red light to allow cyclists to move without risk. Cyclists, in turn, are held when vehicles are turning left.

SEE BELOW

First cycle-safe junction unveiled in Whitechapel

BY STEFAN SWIFT

THE first junction in the UK to combine three new safety features for cyclists has been unveiled in Whitechapel.

Under the new design of the Cambridge Heath Road and Whitechapel Road junction, left-turning traffic is held at a red light to allow cyclists to move without risk.

Cyclists, in turn, are held when vehicles are turning left.

There is also a new "two-stage right turn" to let cyclists safely make right turns, along with early release traffic lights to give cyclists travelling straight along the A11 a headstart before other traffic sets off.

These innovations, which form part of Transport for London's (TfL's) upgrade of Cycle Superhighway 2 between Aldgate and Bow, aim to cut the cyclist casualty rate.

Around 85 per cent of cyclist accidents happen at junctions, mostly involving turning traffic.

Mayor of Tower Hamlets, John Biggs, said: "The council



welcomes the introduction of this new junction designed to offer cyclists more protection from vehicles.

"With work starting around the Bow roundabout later this year, we are seeing the introduction of safety measures in the borough to reduce the number of cycling-related accidents."

The safety features are also being installed at other key

junctions on the A11, along with segregated cycle lanes to separate cyclists from other traffic.

Almost half of the upgrade is now complete but, while the improvement works continue, roads in and around the area will be busier than usual.

The Mayor of London, Boris Johnson, said: "The innovations at Cambridge Heath Road are a fantastic taster of the raft of

improvements that are coming down the track, ensuring that people can cycle safely and more confidently in our city."

Details about the upgrade and travel advice can be found at tfl.gov.uk/cs2upgrade

Later this year, TfL will also begin work on pedestrian improvements at Bow Interchange, to provide new crossing facilities at the roundabout.

Sports for girls aged 11-15

SPORTS sessions for girls were launched at Whitechapel Sports Centre last week.

From now until October 5, girls aged between 11 and 15 can enjoy a range of health and fitness activities on Monday evenings from 3.30-9.30pm, at Whitechapel Sports Centre, 55 Durward Street, E1.

Sports on offer include badminton, basketball and football. There are also gym facilities available, alongside hula hooping and health and wellbeing workshops.

Girls-only sports sessions have been shown to increase involvement and provide a



A trampolining exercise class at Whitechapel Sports Centre

supportive and confidence-building environment for female participation in health and fitness.

Cllr Asma Begum, cabinet member for culture, added:

"These sessions will increase confidence, teach new skills and help participants keep fit – it's great that this opportunity has been provided to girls who might not access sport otherwise."

Car park wins award

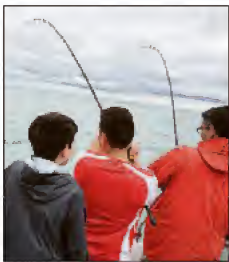
A COUNCIL car park in Mile End has been given an award after a number of improvements.

It received the Park Mark Safer Parking award after a risk assessment conducted by police and the British Parking Association.

The car park in Haverfield Road on the edge of Mile End Park has been resurfaced.

New disabled and parent & child bays, and improved fences and lighting have also been added and it operates a cashless pay-and-display system.

It was previously a magnet for abandoned cars and fly-tippers.



Helping to give a little back

Alex Jonas, a keen fisherman and strategist with Morgan Stanley in Canary Wharf, organised the Mile End Youth Club trip as part of Morgan Stanley's global volunteer month.

SEE BELOW

New council boss

"The new chief executive, Will Tuckley, comes with a wealth of experience and will be a real asset."

MAYOR JOHN BIGGS

News



MEMBERS of a Mile End Youth Club (pictured above) caught their own supper on a fishing trip to the Isle of Wight. The group, from the Bede club run by East London Tabernacle Baptist Church, left the borough at 6.30am and took four trains and a ferry to the island. By 11.30am they were aboard a boat on the Solent where they caught mackerel, dogfish and bream. The outing, on Friday, August 14, was part of the church's summer programme for young people funded by the council, Eastend Homes, BBC Children in Need and the Jack Petchey Foundation. Summer activities also included a three-day camp on the South Downs, trips to Hyde Park and Southend, rowing, sailing, barbecues, football and a food hygiene course.

News in brief

Guns seized

A HANDGUN, drugs, gaffer tape and cash were among items recovered in the borough by police targeting gang crime, drug supply and other offences in the lead up to the weekend's Notting Hill Carnival.

Around 1,000 officers from across London, supported by specialist police teams including Trident and Area Crime Command, Safer Neighbourhoods, dog units, British Transport Police and the National Crime Agency, took part in the raids last Tuesday, August 25. Police arrested 62 people.

Donations needed

A POPLAR community centre will be collecting donations which will be delivered to a refugee camp in Calais.

Items including tents, warm

clothing, sleeping bags, bikes, pots, pans and cutlery, as well as books, games and balls can be dropped off at St Matthias, 113 Poplar High Street, between 8am and 6pm on Tuesday, September 15.

Convoy to Calais, a project which aims to alleviate the suffering of desperate refugees, has organised the collection and transportation of the goods, which will leave the UK on October 24. To donate online visit www.indiegogo.com/projects/convoy-to-calais-project

Charity executive

SPITALFIELDS Music has announced the appointment of Eleanor Gussman as its chief executive. Gussman will join the charity this October after more than eight years at the London Symphony Orchestra. Visit www.spitalfieldsmusic.org.uk

Council appoints chief executive

BY NATHAN AKEHURST

THE council formally agreed to appoint a new chief executive last Wednesday, August 26.

Will Tuckley's start date will be confirmed in the next few weeks.

Mr Tuckley (pictured right) was appointed following a rigorous recruitment process.

The government-appointed commissioners confirmed that they were satisfied with the process and outcome of the recruitment exercise.

Mr Tuckley comes to Tower Hamlets with extensive experience of local government in London. He has served as chief executive of the London Borough of Bexley since 2008 and was previously deputy chief executive for Croydon Council, head of policy for the Association of London Government and the chair of a large housing association. He also led the London Serious Youth Violence Board and was responsible for the alcohol aspect of the Mayor of London's Health Improvement Board.

Mayor John Biggs said: "Will comes with a wealth of experience and will be a real asset to the council. I am delighted that his appointment was supported by the appointments sub-committee. I am sure that, as well as bringing his own vision and drive to improve services, he will bring welcome stability



and leadership to the council and its staff."

Speaking about his appointment, Will said: "I am delighted to be joining Tower Hamlets Council. I know from past involvement that this area of London is vibrant and diverse, with some excellent schools and fantastic public facilities.

"I look forward to working with all council staff, senior managers, and partner organisations to drive forward services for residents and make Tower Hamlets a better place to live and work."

The chief executive is the Town Hall's most senior non-political post, responsible for all of the council's paid staff, lead policy adviser and responsible for the efficient, effective and equitable conduct of council strategy and business.

Fancy moving to a two bedroomed bungalow in Clacton? Then read on....



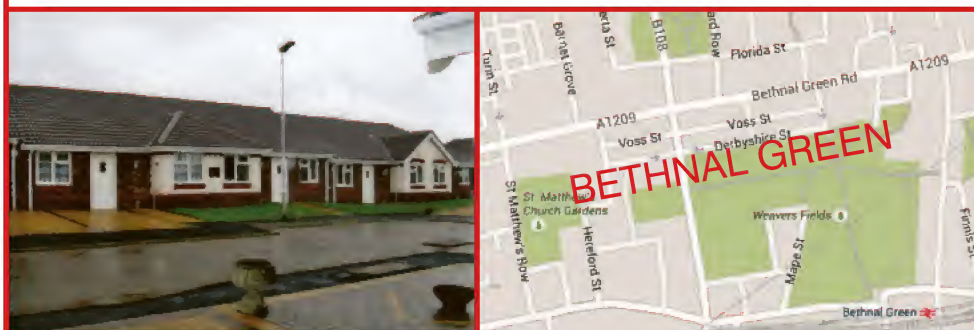
The Parmiter's Almshouse & Pension Charity has 6 two bedroomed bungalows in Clacton. There is a vacancy for one of the bungalows.

The Parmiter's Almshouse & Pension Charity has 6 two bedroomed bungalows in Clacton. There is a vacancy for one of the bungalows. The bungalows are aimed at single people as well as couples, as the second bedroom has been designed as a small guest bedroom only.

To qualify for one of the bungalows, all members of your household must be over 60 and you must live (and have done so for at least two years) within the boundaries of the old Metropolitan Borough of Bethnal Green, which includes parts of Bow as far East as Driffield and Lyal Roads.

The application form and details on eligibility criteria can be obtained from the Clerk to the Trustees, **Mr Robin Sorrell at Prenrhwnin, Trefnannau, Meiford, Powys SY22 6XY** or telephone **01691 829271** or email - **rsorrell@sorrells.org.uk**.

Completed application forms must be returned by 21st September 2015.



Useful information

Our mission is equality for all

News from disability organisation Real

If you're looking to make a difference for disabled people in Tower Hamlets, we have two new ways you can get involved.

The House of Lords is reviewing whether the disability-related provisions of the Equality Act make any difference to disabled people's lives, or whether there needs to be changes to the law or the guidance around it. The Equality Act replaced the former Disability Discrimination Act.

Real will host a special event on Tuesday, September 15 to discuss several questions, including:

- Do you experience discrimination in the way that you are treated in employment?
- Do you get treated less well when organisations provide you with goods or services?
- Do organisations make reasonable adjustments in the way that they serve you to make things easier for you and your disability?
- Do you know what your rights are? Or how to get things addressed if things go wrong?

We want your real life examples of where things have gone wrong so that we can make a case for change.

The event will last three hours with lunch beforehand. You must register in advance.

Sign up on Real's website at www.real.org.uk or call Real Answers on 7001 2177. We are still confirming the venue but it will be in the borough.

What is Real?

Real is the only user-led organisation of disabled people in Tower Hamlets. Our full membership comprises disabled people and associate members (non-disabled people who are our friends and allies).

Our constitution requires that 75 per cent of our management

board are disabled, and approximately 75 per cent of our client-facing staff are disabled themselves.

This means that we genuinely represent the views of local disabled people, and we are well placed to deliver better services because we naturally understand the issues disabled people face.

Real's democracy conference

In May we held our general meeting and combined it with a democracy conference. It was a great day with around 50 people turning up.

We were able to quiz the candidates standing to be Tower Hamlets mayor, and managed to secure some important promises on what would matter for local disabled people over the next three years.

We will hold another general meeting on October 14. These meetings are open to all members of Real.

It is likely that we will be having speakers and a big discussion on what's important for the future direction of Real.

We want to make sure that what we do next year is driven by what local disabled people want and need.

We will also be seeking nominations for new people to join our board. To become an elected board member you need to be a member of Real already. You can find out more about membership of Real at www.real.org.uk/members

We will be holding two workshops on Wednesday, September 9 from 5.30-7.30pm, and Wednesday, September 16 from 2.30-4.30pm to give more information. We will be explaining the role of being a trustee, what skills you need and what support you can get from Real to gain them, and explaining more about Real.

For more information on this, or to register, call Mike on 7001 2172 or Karen on 7001 2174.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannafoord Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

.....

.....

Issue no. Page no.



Oceans of fun for free

Residents of the Ocean Estate and Limehouse Fields can enjoy free food, children's entertainment, health checks and more at Shandy Park this Saturday, September 5 from 11am-4pm.

SEE BELOW

The target's in reach

London's Air Ambulance charity only has to raise another £2 million to buy a second helicopter for Londoners.

SEE BELOW

News

Invitation to join fun day

BOUNCY castles and free food will be on offer at a community fun day for residents of Stepney's Ocean Estate and Limehouse Fields.

There will also be a range of children's entertainment, as well as sports and information about council services, at the event in Shandy Park, E1 on Saturday, September 5, from 11am to 4pm.

Housing and welfare services, health checks and advice on health, employment, youth services and education will all be available on the day.

Details about leisure, sport and cultural activities at local schools and community centres will also be on offer and you can have a say on issues of concern at consultation stalls.

The council fun day has been organised in partnership with community groups, charities and housing associations.



PEOPLE of all ages came together for a day of leisure and entertainment at this year's Weavers community fun day.

The event, held at the Big Pitch in Shacklewell Street, Bethnal Green, on

Saturday, August 22, featured martial arts, a bouncy castle and slide, tug of war challenges, face and henna painting, competitions and food.

Young volunteers from Weavers Community Forum helped organise

and co-ordinate the activities.

A spokesman for the forum said:

"We would like to thank all those who participated and our funders, volunteers and well-wishers for their hard work and contributions."

Final push for air ambulance

BY JESSICA ODUBAYO

LONDON'S Air Ambulance is calling on Tower Hamlets residents to join its final fundraising push for a second helicopter.

The Your London, Your Helicopter campaign is hoping to raise £6 million for a second helicopter and to extend the charity's daylight flying hours

for five years, to reach around 400 extra patients a year.

Residents are encouraged to volunteer by collecting for the charity or hosting an event during National Air Ambulance Week, from September 21-27.

Last year, the air ambulance charity treated 104 patients in Tower Hamlets.

When the helicopter is available, the advanced trauma team

can be by a patient's side up to eight times faster than in a rapid response car. Its current and only helicopter has already been out of operation for the equivalent of more than 50 days this year for maintenance.

Graham Hodgkin, chief executive at London's Air Ambulance, said: "It is thanks to the support of Londoners that we have raised almost £4 million of

the target so far. We are so close to getting the second helicopter in the air and I would like to make one last plea to everyone to join our pilots, doctors, paramedics, charity staff and volunteers, who will be out in force in London, for The Big Lift.

"Volunteer or hold your own event – be as creative as you like. It's easy to get involved and your support will help save lives."

You can help by joining a local collection, or collecting for the charity in the City of London on September 24; holding events such as a bake sale; or donating online at www.yourhelicopter.london or texting HELICOPTER to 70800 to donate £5.

If you need more information, email yourhelicopter@londonairambulance.co.uk or call 7220 5476.

News in brief

Men banned from meeting in public

TWO criminal behaviour orders have been served, thanks to the work of Tower Hamlets enforcement officers.

Anwar Ali, 23, of Colebert Avenue, Whitechapel and Akanjee Mohibul, 24, of Aldersey Gardens in Barking were both given criminal behaviour orders over an incident in August 2014, when they were caught in possession of cannabis.

Once confronted by THEOs, the pair became threatening and abusive, before assaulting one of them.

They both appeared at Stratford Magistrates' Court and were served with the order, which places restrictions on their movements.

It limits them from associating with each other or groups of more than three people in an area bordered by Bancroft Road, Whitechapel Road (A11), Cambridge Heath Road and the railway line to the north.

The order is aimed at tackling the most serious and persistent offenders where their behaviour has led them to be brought them before a criminal court.

More trains for DLR

MORE trains have been added to a number of routes on the Docklands Light Railway.

There are now a third more trains between Stratford and Lewisham during the Monday to Friday morning peak; increased frequency between Stratford and Canary Wharf during Monday to Friday off-peak periods; and twice as many weekend trains between Stratford and Canary Wharf from 8.30am-10pm on Saturday and 10.30am-7.30pm on Sunday.

Met the Queen?

THE Queen is set to become the UK's longest reigning monarch on September 9.

If you have any memories or photos to share of Her Majesty during a visit to Tower Hamlets, email eastendlife.news@towerhamlets.gov.uk or call 7364 4365.



Serial abuser jailed for six years

A SERIAL sex offender who admitted abusing three young men has been jailed for six years.

Detectives are now appealing for any more victims of David Dutoit, 58, to come forward.

Dutoit (pictured), of Heylyn Square, Bow, E3, was sentenced at Blackfriars Crown Court on August 7, after pleading guilty

to gross indecency with a child, indecent assault on a child, sexual assault and possession of indecent images of children.

The offences relate to three victims, all male, who were abused over a period of time from 1998.

Two of the victims were under 16 at the time of the abuse and the other was 18.

Dutoit's crimes came to light when one victim confided in a friend about the ordeal he had suffered over a five-year period.

The friend encouraged the victim to speak to police and the matter was reported in April this year. Further investigations uncovered two more victims.

Investigations established that Dutoit was employed in the

Hackney and Tower Hamlets areas between 2005 and 2014, teaching key skills to 16- to 19-year-olds who are not in education, employment or training.

Detectives are appealing to anyone who has been a victim of Dutoit to contact the Metropolitan Police Sexual Offences, Exploitation and Child Abuse Command on 8733 6543.

A GOOD COLLEGE WITH OUTSTANDING FEATURES
OFSTED 2014



IT'S NOT TOO LATE TO START A COURSE!

THERE ARE STILL
LIMITED PLACES
AVAILABLE ON
A FEW OF OUR
COURSES STARTING
THIS SEPTEMBER

ENROLMENT DATES AND TIMES

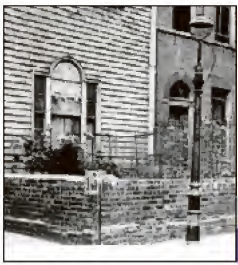
TUESDAY 1 SEPTEMBER TO
FRIDAY 4 SEPTEMBER
TIME: 9:30AM - 4PM
VENUE: POPLAR CAMPUS

DLR Poplar



**NEW
COURSES
ADDED**

WWW.TOWER.AC.UK/ENROLMENT



Liberty of the Tower of London

Wellclose was one of several independent territories, such as Norton Folgate and the Minories, which avoided government reorganisations over the years until the mid-19th century.

SEE BELOW

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

BY JOHN RENNIE

NORTON Folgate and Ratcliff, Old St Pancras and Horsleydown – it seems remarkable that in London, the city of villages, some hamlets can simply disappear.

German bombs and then post-Second World War development shoulder a lot of the blame of course, and some districts spread and consume their neighbours over time too.

The East End area of Wellclose (near its once important but now vanished neighbour of Ratcliff) is one of the hardest to find.

Wandering the streets now it's almost impossible to see, beneath the Shadwell estates sandwiched between Commercial Road and the Highway, the distinctive dockland neighbourhood once centred on two elegant 17th century squares.

Between those two ceaseless roads only the little pepperpot tower of St George-in-the-East hints at something older, the centre of a little community. Yet this was a proper village with a bizarre history.

Wellclose was a Liberty of the Tower of London, one of those tiny territories that defied countless government reorganisations to survive (in some cases) until 1855.

Founded in 1350, Wellclose was part of the grounds of St Mary Grace's Abbey. Beneath the grit and grime of Royal Mint Street and East Smithfield lie the remains of the last Cistercian abbey founded in Britain (and the only house in the order established on an urban site).

It was the gift of King Edward III as a royal free chapel and was originally small, with an abbot and six monks. By the time Henry VIII, eager to get his hands on its wealth, sent in his assessors in 1535, the annual income of the house was £547, the third richest Cistercian abbey in Britain.

All gone within a few years and a Royal Navy supply site, storage and latterly the Royal Mint would be built on the old grounds (the Mint is gone too now of course), but an excavation in Royal Mint Street between 1986-1988 revealed the size of the old abbey, with a graveyard uncovered, and 420 burials identified.

By the early modern period, Wellclose was a rackety, dangerous neighbourhood, with



Above: Nicholas Barbon
Left: Swedenborg Square

Searching for traces of the vanished village Wellclose

all the colour you'd expect from a dock area. But into this confusion of ropemakers, inns, brothels, markets and cutpurses came one of the 17th century's most controversial and remarkable figures.

Nicholas Barbon, an early free market philosopher and the original speculative London developer, long before Thomas Cubitt et al, was the son of Praise-God Barebone, a Puritan Civil War politician. He gave his son the surely unique middle-name of If-Jesus-Christ-Had-Not-Died-For-Thee-Thou-Hadst-Been-Damned.

Nicholas didn't let religion get in the way of business though, frequently ignoring who owned the land on which he was building, he'd worry about that later. Barbon was responsible for many of the little houses that mushroomed after the Great Fire of 1666, linking the cities of London and Westminster for the first time.

Now he turned his attention to Wellclose, where he would build two grand squares, perfect for the wealthy merchants and ships' captains who needed to commute to the docks around Limehouse and Ratcliff.

In the London of the day, the posh lived cheek by jowl with the poor. The area around this stretch of Cable Street was dubbed Knockfergus, a reference to the Irish immigrants who had fled here during the Nine Years War, a rebellion against Elizabeth I in the 1590s, and was as rough as it was poor.

But money flowed into the new Marine Square, much of it from the Scandinavian timber traders who settled here. In 1694, a



Wellclose Square
as it was in 1943

Danish church was erected in the middle of the square, built by famed Danish architect Caius Gabriel Cibber and paid for by the King of Denmark. And, in its twin, Princes Square, was built a smaller, Swedish chapel. The two squares of Wellclose were now a Little Scandinavia.

After the Second World War this area of the East End went into decline, with the local people bleeding away to Essex and the developers itching to get their hands on the land. But surely squares as stunning as these couldn't be lost? They could. Journalist Ian Nairn, visiting in 1966, predicted the future of the two squares, now renamed Wellclose and Swedenborg. "Nobody cares enough and the whole place will soon be a memory." By the early 1970s both were gone, with modern homes in their place.

Little survives of Marine Square today. It had the peculiar design of narrow alleyways at each corner, leading in to the square.

Grace's Alley is the one survivor, a nod to the name of the old abbey, on whose grounds it once stood. The Danish church was demolished and now St Paul's school stands in its place.

The more modest Princes Square was the hub of Swedish life in London for much of the 19th century and 'the Swedish Nightingale', singer Jenny Lind, would attend the chapel here. The footprint of the square is now gone, with Swedenborg Gardens, a road running down one side of the square, the only remnant. On the site of the chapel, the tower block of Stockholm House gives a cursory nod to the past.

It seems the villagers of Wellclose were reluctant to surrender their independence. Though the special status of London's Liberties was abolished in 1855 (and all were subsumed into their neighbouring parishes and boroughs), the bounds of the Liberty of Wellclose were still beaten every Ascension Day until 1897.

A procession of boys, sons of soldiers serving at the Tower of London, would don red, white and blue ribbons, hold willow wands, and be led around the boundaries of Wellclose by the Lieutenant of the Tower of London. The boundaries of the Tower are still beaten today, but the Liberties are ignored. Should the modern day folk of Wellclose like to rediscover the tradition, Ascension Day is the 40th day of Easter. Time to start planning for next year.

■ Next week: the curious inhabitants of Wellclose

“Nobody cares enough and the whole place will soon be a memory.”
Ian Nairn, journalist

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



সেফার লরী স্কীমকে স্বাগত জানিয়েছে কাউন্সিল

টাওয়ার হ্যামলেটস্ কাউন্সিল এবং এর ঠিকাদারী পরিবহন কোম্পানীর ভাড়ি যানগুলো এরই মধ্যে জাতীয় সড়ক নিরাপত্তা স্কীমকে গ্রহণ করেছে, যা পয়লা সেপ্টেম্বর থেকে চালু হওয়ার কথা রয়েছে। থ্রেটার লন্ডনের সকল রাস্তা (মিটারওয়েগুলো ছাড়া) লন্ডন সেফার লরি স্কীমের আওতায় থাকবে। বিস্তারিত পড়ুন নীচে -

COUNCIL WELCOMES SAFER LORRY SCHEME

Harmony

Farxada maalintii natiijooyinka dugsiyada sare

DHAMAAN ardayda degmada ee dhamaysay dugsiyada sare, waxay dabaaldegeen usbuucii lasoo dhaafay markii ay ogaadeen natiijooyinkii imtixaanaadka.

Natiijada ku meelgaadhka ahi waxay muujinaysaa in ardayda Tower Hamlets 64.7% ay keeneen darajada A* to C, maadooyinka ay ka mid yihiin ingiriisida iyo xisaabtu.

Inkastoo aan weli tirada qaranka la sheegin, hadana natiijada degmadu way ka fiican tahay intii sanadkii lasoo dhaafay, oo 59.7% ardayda degmadu ay gaadheen darajada A* to C maadooyinka ay ka mid yihiin ingiriisida iyo xisaabtu.

Qaar ka mid ah iskuuladu waxay sameeyeen horumar guud ahaan, marka la eego natiijooyinka ardaydu keentay.

Ardayda dhiganaysay Raine's Foundation ee ku yaala Bethnal Green, ayaa waxay kharnistii zoka Oogosto si degdeg ah u tageen iskuulka, si natiijooyinkooda usoo qaataan.

Umma Habibi, oo keentay A* iyo 5 As, ayaa waxay tidhi

Pride and joy on GCSE results day – 1074

“aad ayaan u faraxsanahay” inaan ku najaxay “wax kasta oo aan doonayey”, waxaanay ku dartay: “dadaalkii aan sameeyey natiijadiisii ayaan gaadhay.”

Waxaanay barandoontaa cilmiga barashada nafleyda, maadada cilmi nafsiga la xidhiidha iyo ganacsiga.

Jessica Thomas waxay sii barandoontaa maadada siyaasada, suugaanta, cilmiga barashada bulshada iyo dhaqaalaha. Waxaanay u sheegtay East End Life, “Aad baan ugu faraxsanahay inaan dadaalkii badnaa ee aan soo sameeyey natiijadiisii aan maanta helo.”

Ashraf Ahmed iyo Seun Sontan ayaa iyana waxay u fadhiisteen imtixaanka maadada sayniska, sanad ka hor waqtigii caadiga ahaa waxaanay keeneen As and A*s. Seun ayaa wuxu yidhi “aad ayaan ugu faraxsanahay” natiijada aan keenay, Ashraf ayaa isna yidhi: “u malayn maayo inaan farxad intan kabadan weli-gay farxaayo. Waxaan soo jeeday ilaa 6dii subaxnimo oo aan sugayey natiijada.”

Madaxa macalimiinta Raine's, John Bradshaw ayaa yidhi: “Dhamaan macalimiinta iyo shaqaaluhu waxay aad ugu faraxsan yihiin, dadaalka ay ardaydu muujiyeen ee ay ku gaadheen natiijadan wanaagsan ee waxbarashada dugsiyada sare sanadkan.”

Waxa ardayda dabaaldegeysey ku soo kordhay xildhibaan Shiria Khatun, ahna kuxigeen duqa degmada iyo xubin golaha wasiirada ee nabadgelyada bulshada.

Waxaanay tidhi: “Waxay ii tahay farxad, inaan soo booqdo oo aan usoo hambelyeeyo ardayda guusha ay mutaysteen ee ay gaadheen. Waxaan jecelahay inaan dhalinyarada ku amaano shaqada adag iyo go, aan adagooda.”

Xildhibaan Rachael Saunders, oo ah xubin golaha wasiirada ee waxbarashada iyo adeegyada caruurta, ayaa iyaduna tidhi: “Macalimiintu waxay arnaan ka mudan yihiin bulshada, waxaana ka turjumaya guulaha ay gaadheen dhalinyaradeenu.”

Codsiga hayada axsaan-falka caafimaadka

Medical charity’s appeal over Calais migrants – 1074

HAYADA axsaan-falka caafimaadka ee degan Canary Wharf waxay soo jeedisay codsi, si ay wax uga bedesho nolosha muhaajiriinta ku dayacan Calais.

Waxaanay Dhakhaatiirta ingiriiska usoo jeediyeen inay adeeg caafimaad u fidiyaan dadka dayacan, wadamadoodii kasoo haajiray, waxayna xarun uga fureen Pott Street.

Hayadu waxay sheegtay in dareenka dadku bixiyeen ahaa, inay doonayaan inay caawiyaan qaxootiga ku sugan Calais, lacagna ay ugu taburacaan.

Bilowgii codsiga ee 14kii Oogosto, afhayeen hayada u hadlay ayaa yidhi: “Lacagta tabaruca ahi waxay noo suurto gelisay inaanu si degdeg ah u hawlgalno, iyo inaanu qiimayno meelaha baahiyaha ugu weyni ka jiraan.

“Laakiin waxaa jira meelo gaar ah oo aanu si degdeg ah ugu baahanahay, inaanu ka caawino muhaajiriintan soo jahwareeray si noloshooda wax isaga bedelaan.”

Hayada axsaan-falka ee degan Canada Square, wuxay soo dhaweynasaa taburaca

buugaagta ku qoran luqado kala duwan, maqasyo, qalin rasaas, waxyaabaha carruurto ku ciyaarto ama waxyaabo kale oo la ciyaaro, sida kubado iyo turubka, kuwaasoo si toos ah loogu rarayo Calais.

Tabarucayaashu waxay sidoo kale diri karaan faashad, cajalad, labisyo, iyo usha curyaanada.

Hadaad u baahato warbixin dheeraad ah oo ku saabsan sida loo taburacayo booqo, www.doctorsoftheworld.org.uk ama email u dir kharper@doctorsoftheworld.org.uk

সেফার লরী স্কীমকে স্বাগত জানিয়েছে কাউন্সিল

Council welcomes Safer Lorry Scheme – issue 1074

টাওয়ার হ্যামলেটস্ কাউন্সিল এবং এর ঠিকাদারী পরিবহন কোম্পানীর ভাড়ি যানগুলো এরই মধ্যে জাতীয় সড়ক নিরাপত্তা স্কীমকে গ্রহণ করেছে, যা আগামী পয়লা সেপ্টেম্বর থেকে চালু হওয়ার কথা রয়েছে।

থ্রেটার লন্ডনের সকল রাস্তা (মিটারওয়েগুলো ছাড়া) লন্ডন সেফার লরি স্কীমের আওতায় থাকবে। এই উদ্যোগের ফলে এখন থেকে ৩ দশমিক ৫ টনের বেশি লরিকে সাইডগার্ড এবং অতিরিক্ত সেফটি মিরর লাগাতে হবে।

রাজধানী লন্ডনের রাস্তাগুলোকে পথচারী এবং সাইকেলিস্টদের জন্য অধিকতর নিরাপদ করতে ট্রান্সপোর্ট ফর লন্ডন (টিএফএল) এই স্কীমটি গ্রহণ করেছে।

বারার যে সকল ব্যবসা প্রতিষ্ঠান লরীর ব্যবসার সাথে জড়িত, তারা তাদের গাড়ির বহরের সকল লরীতে নতুন আইনী বাধ্যবাধকতা অনুযায়ী যা যা করা দরকার, তা শিগগিরই নিশ্চিত করবে বলে কাউন্সিল আশা করছে।

নতুন এই আইন কার্যকর হওয়ার আগেই, কাউন্সিল তার বহরে থাকা সকল বড় পরিবহন যান এবং কাউন্সিলের ঠিকাদার হিসেবে পণ্য পরিবহনে নিয়োজিত সকল বড় যানবাহনে প্রয়োজনীয় সকল নিরাপত্তা ব্যবস্থাদি সংযোজন নিশ্চিত করেছে।

টাওয়ার হ্যামলেটস্ কাউন্সিলের কন্ট্রাক্টরদের অন্যতম সিভিল ইঞ্জিনিয়ারিং কোম্পানী জেবি রিনি, যারা কাউন্সিলের রাস্তাগুলোর রক্ষণাবেক্ষণের কাজ করছে।

তাদের সকল গাড়ির ডিজাইন, সাইনেজগুলো অনেক উন্নতমানের এবং শহরের রাস্তায় গাড়ি চালানোর মতো দক্ষ চালক রয়েছে তাদের। ফিলেট অপারেটর রিকগনিশন স্কিম (এফও-আরসি) এর মেম্বার হিসেবে জেবি রিনি ২০১২ সালের জুন মাস থেকে সুনামের সাথে ব্যবসা করছে এবং ২০১৫ সালে তারা গোল্ড স্ট্যাটাস লাভ করে।

রাস্তায় চলাচলকারী সাইকেল ও পথচারীদের

ভালো করে দেখার সুবিধার্থে তারা সম্প্রতি নতুন এইচজিডি সংযোজন করেছে।

আরেকটি গোল্ড স্ট্যাটাস লাভকারী কোম্পানী হচ্ছে ভেওলিয়া এনভায়রনমেন্টাল সার্ভিসেস, যারা কাউন্সিলের পক্ষে বারার আবর্জনা ব্যবস্থাপনার কাজ করছে।

টাওয়ার হ্যামলেটসের মেয়র, জন বিগস্ এ প্রসঙ্গে বলেন, এই বারা এবং গোটা লন্ডনের সকল রাস্তাকে সবার জন্য অধিকতর নিরাপদ করতে নতুন এই উদ্যোগ খুবই গুরুত্বপূর্ণ। স্কীমটি চালু হওয়ার আগেই এই আগাম কমিটমেন্টের জন্য আমি আমাদের সকল কন্ট্রাক্টরদেরকে অভিনন্দন জানাচ্ছি।

কেবিনেট মেম্বার ফর এনভায়রনমেন্ট, কাউন্সিলের আয়্যাহ্ মিয়া বলেন, বারার রাস্তাগুলো থেকে মৃত্যুরূকি কমাতে টিএফএল এর নতুন এই স্কীম অনেক সাহায্য করবে। এই স্কীমের রিকোয়ারমেন্টগুলোর চেয়ে বেশি নিরাপত্তামূলক ব্যবস্থা গ্রহণ করেছে কাউন্সিল।



London as a Larder at Cody Dock with Forage London

Photo: Emil Charlaaff

বহু ধরনের খাদ্য সামগ্রী সরবরাহ করে যাচ্ছে লন্ডন। ভেষজ, শাক সব্জী, ফল-মূল পাওয়া যায় বিভিন্ন পতিত জমিতে পাওয়া যায়। এব্যাপারে জনসাধারণকে অবহিত করতে কেনিং টাউনের কডি ডক এ গত ১২ আগস্ট অনুষ্ঠিত হয় লন্ডন এজ এ লারডার ইভেন্ট। এই অনুষ্ঠানে ফর্যাজ লন্ডন এর জন রেনস্টেন (ছবি) দর্শকদের কোনটা কোন্ ধরনের ভেষজ, সব্জী, ফল এবং কখন কোথায় এগুলো পাওয়া যেতে পারে, তা হাতে কলমে শিখিয়ে দেন।

লী নদীর তীর ঘেঁষে নির্মান করা হচ্ছে রিভার ওয়াকওয়ে

Tourism to flow along new river walkway – issue 1074

টাওয়ার হ্যামলেটস্ বারা সহ পার্শ্ববর্তী এলাকাগুলোর হাঁটা পথ এবং সাইকেল চালানোর অবকাঠামোগত উন্নয়ন প্রকল্প লীওয়ে প্রজেক্ট বাস্তবায়িত হলে পুরো পূর্ব লন্ডনের চেহারা পাল্টে যাবে।

লীওয়ে হবে পথচারী ও সাইকেল চালকদের জন্য একটি বিরতিহীন রুট, যা টেমস এবং রয়েল ডক হয়ে শেষ হবে ওলিম্পিক পার্কে এসে এবং পুরো রুটটিই রিভার লী এর তীর দিয়ে যাবে।

এছাড়া এটি সাইকেল সুপারহাইওয়ে ২ ও ৩ রুটের সাথে সংযুক্তি ঘটাবে।

রুটটি টাওয়ার হ্যামলেটস্ এক নিউজ্যাম বারার বর্ডার বরাবর নির্মিত হবে এবং এই দুই কাউন্সিল ছাড়াও এই প্রকল্পে অর্থায়ন করছে ট্রান্সপোর্ট ফর লন্ডন (টিএফএল), মেয়র অব লন্ডন,

অলিম্পিক পার্ক এবং দ্যা লন্ডন লেগ্যাসি ডেভেলপমেন্ট কর্পোরেশন।

লীওয়ে প্রজেক্ট এর কাজ শুরু উপলক্ষে পুরো আগষ্ট মাসব্যাপি বিভিন্ন অনুষ্ঠানের আয়োজন করা হয়।

যখন এই প্রকল্পের কাজ সমাপ্ত হবে, তখন নতুন এই ওয়াকওয়েটি দৃশ্যত খুবই নান্দনিক একটা রুটই হবে না, এটা পূর্ব লন্ডনের অনেকগুলো খুবই আকর্ষণীয় ও জনপ্রিয় স্থানের সাথে সংযোগ ঘটাবে। এই লীওয়েজ রুটের পাশে পড়বে অলিম্পিক পার্ক, ঐতিহাসিক ডক, বো নেচার রিজার্ভ ও আমিরাত এয়ার লাইন ক্যাবল কার ইত্যাদি দর্শনীয় স্থান।

মেয়র, জন বিগস বলেন, অলিম্পিক লেগ্যাসি

থেকে টাওয়ার হ্যামলেটস্ সুফল পাচ্ছে দেখে আমি খুবই আনন্দিত। পায়ে হেঁটে যারা চলতে ভালোবাসেন এবং যারা সাইকেল চালান, তাদের জন্য এই ওয়াকওয়েটি অনেক সুফলদায়ক হবে এবং বারায় পর্যটকদের সংখ্যা বাড়াক্তে সাহায্য করবে, যা বারার অর্থনৈতিক প্রবৃদ্ধি নিশ্চিত করবে।

কেবিনেট মেম্বার ফর এনভায়রনমেন্ট, কাউন্সিলের আয়্যাহ্ মিয়া বলেন, যখন এই প্রজেক্টটি গ্রহণ করা হয়, তারপর থেকে আয়োজিত বিভিন্ন উদ্ভাবনী ও বিনোদনমূলক অনুষ্ঠানে বাসিন্দাদের যোগদানের প্রেক্ষিতে এই প্রকল্প সম্পর্কে জনসাধারণের আগ্রহ অনেক বৃদ্ধি পেয়েছে। চমৎকার এই উন্নয়ন প্রকল্পের অগ্রগতি সম্পর্কে জনসাধারণ জানতে আগ্রহী হবেন বলে আমি আশাবাদি।



জিসিএসই'তেও বারার শিক্ষার্থীদের সাফল্যের ধারা অব্যাহত ঐকতান

এবারের জিসিএসই পরীক্ষায় বারার শিক্ষার্থীরা তাদের সাফল্যের ধারা অব্যাহত রেখে। প্রাথমিক ফলাফলে দেখা গেছে যে, এবার বারার জিসিএসই শিক্ষার্থীদের মধ্যে ৬৪ দশমিক ৭ শতাংশ ইংলিশ ও ম্যাথস্ সহ ৫টি এ স্টার থেকে সি গ্রোড লাভ করেছে। গত বছর এই হার ছিলো ৫৯.৭ পার সেন্ট। বিস্তারিত পড়ুন নীচে -

GCSE RESULTS CELEBRATED IN TOWER HAMLETS

7364 4944

Harmony



Raine's Foundation School pupil Ninnetta with her teachers

এবারের জিসিএসই পরীক্ষায়ও বারার শিক্ষার্থীদের সাফল্যের ধারা অব্যাহত

GCSE results celebrated in Tower Hamlets – issue 1074

এবারের জিসিএসই পরীক্ষায় টাওয়ার হ্যামলেটস্ বারার শিক্ষার্থীরা তাদের সাফল্যের ধারা অব্যাহত রেখে।

প্রাথমিক ফলাফলে দেখা গেছে যে, এবার টাওয়ার হ্যামলেটসের জিসিএসই শিক্ষার্থীদের মধ্যে ৬৪ দশমিক ৭ শতাংশ ইংলিশ ও ম্যাথস্ সহ ৫টি এ স্টার থেকে সি গ্রোড লাভ করেছে। গত বছর সাফল্যের এই হার ছিলো ৫৯.৭ পার সেন্ট। অর্থাৎ এবার ৫ শতাংশ বেশি শিক্ষার্থী তাদের জিসিএসই

পরীক্ষায় ৫টি এ স্টার থেকে সি গ্রোড লাভ করেছে বারার অনেকগুলো মাধ্যমিক স্কুল এবার লক্ষ্যনীয় অগ্রগতির স্বাক্ষর রাখতে সক্ষম হয়েছে। শিক্ষকদের কঠোর পরিশ্রম ও সহায়ক কর্মীদের নিবেদিত হয়ে কাজ করার ফলে স্কুলগুলো সামগ্রিকভাবে এই সাফল্য অর্জন করতে পেরেছে।

২০ আগস্ট বৃহস্পতিবার রোজাল্ট ঘোষনার দিন ডেপুটি মেয়র ও কেবিনেট মেম্বর ফর কমিউনিটি সেফটি, কাউন্সিলর শিরিয়া খাতুন

রেইনজ ফাউন্ডেশন স্কুলে উত্তীর্ণ শিক্ষার্থীদের সাথে যোগ দিন তাদের সাফল্য উদযাপন করেন।

এসময় তিনি তাঁর প্রতিক্রিয়ায় বলেন, বছরের পর বছর ধরে শিক্ষার্থী, শিক্ষকমণ্ডলী এবং অভিভাবকদের কঠোর পরিশ্রম ও প্রচেষ্টার ফলে অর্জিত এই সাফল্যে আমি গর্বিত। আজ শিক্ষার্থীদের অভিনন্দন জানাতে এখানে আসতে পেরে খুবই ভালো লাগছে।

তিনি বলেন, এ বছর শ্রেষ্ঠত্বের প্রমাণ



Umma Habibi received an A* and 5 As



Taher with Raine's head teacher John Bradshaw

প্রচেষ্টার জন্য আমি গর্বিত।

এই স্কুলের একজন কৃতি শিক্ষার্থী উম্মা হাবিব, যিনি একটি এ স্টার এবং ৫টি এ পেয়েছেন, তিনি তাঁর প্রতিক্রিয়ায় বলেন, “পরীক্ষার এই ফলাফলে আমি অভিভূত এবং যে ধরনের রোজাল্ট আমি প্রত্যাশা করছি, তা-ই হয়েছে। এ জন্য আমি গর্বিত।” তিনি বায়োলোজী, সাইকোলোজী এবং বিজনেস নিয়ে এ লেভেল পড়বেন।

মেয়র জন বিগস্ বলেন, মেয়র নির্বাচিত হওয়ার পর থেকে আমি বারার প্রতিভাবান তরুণ সম্প্রদায়ের সাথে দেখা করে অভিভূত হয়েছি।

জিসিএসই পরীক্ষায় যারা অসাধারণ সাফল্য অর্জন করেছে, আমি তাদেরকে অভিনন্দন জানাচ্ছি।

কেবিনেট মেম্বর ফর এডুকেশন, কাউন্সিলর রাসেল সাউন্ডারস্ বলেন, আমাদের কমিউনিটির জন্য টাওয়ার হ্যামলেটসে কর্মরত শিক্ষকরা হচ্ছেন আশীর্বাদ। আমাদের তরুণ শিক্ষার্থীদের এই সাফল্যে শিক্ষকদের নিবেদিত প্রচেষ্টার প্রতিফলন ঘটেছে। এই শিক্ষার্থীরা যাতে তাদের জীবনের চলার পথকে আরো সমৃদ্ধ করতে পারে, সেজন্য যা যা করার দরকার, কাউন্সিল তা করতে বদ্ধপরিকর।

News in brief

নতুন চীফ এক্সিকিউটিভ নিয়োগ চূড়ান্ত

টাওয়ার হ্যামলেটস্ কাউন্সিলের পূর্ণাঙ্গ মিটিংয়ে আনুষ্ঠানিকভাবে নতুন চীফ এক্সিকিউটিভ নিয়োগ চূড়ান্ত করা হয়েছে।

গত ২৬ আগস্ট অনুষ্ঠিত সভায় উইল টাকলিকে চীফ এক্সিকিউটিভ পদে নিয়োগ চূড়ান্ত করা হয় এবং আগামী কয়েক সপ্তাহের মধ্যে তার যোগদান তারিখ চূড়ান্ত হবে। কঠোর নিয়োগ প্রক্রিয়ার মাধ্যমে মিজ টাকলিকে নিয়োগ দেয়া হয়।

লন্ডনের স্থানীয় সরকারের দীর্ঘদিন কাজ করার অভিজ্ঞতায় সমৃদ্ধ হচ্ছেন মিজ টাকলি। তিনি ২০০৮ সাল থেকে লন্ডন বারা অব বেঞ্জলিতে চীফ এক্সিকিউটিভ হিসেবে দায়িত্ব পালন করছেন। এর আগে তিনি ছিলেন ক্রমডন কাউন্সিলের ডেপুটি চীফ এক্সিকিউটিভ, এসোসিয়েশন অব লন্ডন গভর্নমেন্ট (বর্তমানে যা লন্ডন কাউন্সিল হিসেবে পরিচিত) এর হেড অব পলিসি এবং বৃহত্তম হাউজিং এসোসিয়েশনের চেয়ার হিসাবে দায়িত্ব পালন করেন। লন্ডন সিরিয়াস ইয়ুথ ভায়োলেন্স বোর্ড এর নেতৃত্বও দেবেন তিনি।

মেয়র, জন বিগস্ নতুন এই নিয়োগ প্রসঙ্গে বলেন, নতুন চীফ এক্সিকিউটিভ অভিজ্ঞতায় সমৃদ্ধ, যা এই কাউন্সিলের জন্য সভ্যকারের সম্পদ হিসেবেই পরিগণিত হবে। তাঁর এই নিয়োগে আমি

খুবই সন্তুষ্ট। কাউন্সিলের নেতৃত্ব ও স্থায়িত্ব নিশ্চিত করে সার্ভিসসমূহে মান উন্নয়নে তিনি তার নিজস্ব ভিশন নিয়ে কাজ করবেন বলে আমি দৃঢ়ভাবে আশাবাদি।

স্কিলসম্যাচ এর উদ্যোগে চাকুরি মেলা ২২ সেপ্টেম্বর

টাওয়ার হ্যামলেটস্ কাউন্সিল পরিচালিত এওয়ার্ড বিজয়ী রিক্রুটমেন্ট সার্ভিস স্কিলসম্যাচ বারার বাসিন্দাদের জন্য চাকুরির ব্যবস্থা করতে আগামী ২২ সেপ্টেম্বর চাকুরি মেলায় আয়োজন করেছে।

অল্ডগেইটে গুডম্যানস্ ফিল্ড প্রজেক্টের জন্য লোক নিয়োগের লক্ষ্যে ২২ সেপ্টেম্বরের জব ফেয়ার এর আয়োজন করছে বারকলে হোমস্। বেলা ৩টা থেকে সন্ধ্যা ৭টা পর্যন্ত এই জব মেলা অনুষ্ঠিত হবে অল্ডগেইটের গোয়ার্স ওয়াকে (ই১ ৮বিই)। এতে গিয়ে চাকুরি প্রত্যাশী লোকজন বিভিন্ন নিয়োগদাতার সাথে সরাসরি কথা বলার সুযোগ পাবেন।

১৯৯৭ সাল থেকে এ পর্যন্ত স্কিলসম্যাচ টাওয়ার হ্যামলেটসের প্রায় ১০ হাজার লোককে তাদের উপযুক্ত কাজ খুঁজে পেতে সাহায্য করেছে।

তাদের একজন হচ্ছেন মার্টিন, যিনি ইস্ট এন্ড লাইফ - এ প্রকাশিত বিজ্ঞাপন দেখে স্কিলসম্যাচ এর সাথে যোগাযোগ করেন। তাদের সাথে যোগাযোগের আগে তিনি বিভিন্ন সেন্টারে

সেচ্ছাসেবী হিসেবে কাজ করেছেন।

স্কিলসম্যাচ সম্পর্কে তার অভিজ্ঞতা বলতে গিয়ে মার্টিন বলেন, স্কিলসম্যাচ এর কাছ থেকে আমি যে অভিজ্ঞতা পেয়েছি, তা অসাধারণ। স্কিলসম্যাচের যাদের সাথেই আমার দেখা হয়েছে, তারাই আমার সিডি হালনাগাদ করতে এবং ইন্টারভিউ দেয়ার মতো আত্মবিশ্বাসী করতে সাহায্য করেছেন। এমনকি চাকুরির প্রথম দিন কিভাবে প্রস্তুতি নিতে হবে, সেব্যাপারেও তারা আমাকে সাহায্য করেন।

মেয়র জন বিগস্ বলেন, বাসিন্দাদের কর্ম সংস্থানের ব্যবস্থা করতে কাউন্সিল হিসেবে আমাদের পক্ষে যা যা করা সম্ভব, তা করতে আমরা বদ্ধপরিকর। মেয়র হিসেবে আমার অন্যতম প্রধান লক্ষ্য হচ্ছে আমাদের বাসিন্দাদের জন্য চাকুরির ব্যবস্থা করা এবং স্কিলসম্যাচ হচ্ছে এই লক্ষ্য অর্জনের মূল চালিকাশক্তি।

৫৫ আপার ব্যাংক স্ট্রিট, ই১৪ ৫জিআর এ (পপলার ডিএলআর স্টেশনের নিকটবর্তী) অবস্থিত কাউন্সিলের এমপ্লয়মেন্ট এন্ড স্কিলস্ সেন্টার থেকে পরিচালিত হচ্ছে স্কিলসম্যাচ সার্ভিস। এছাড়া হোয়াইটচ্যাপল আইডিয়া স্টোর ও ক্রিসপস্ট্রিট আইডিয়া স্টোরেও এই সার্ভিস রয়েছে।

■ The above stories are:
New chief executive – page 7;
job fair on September 22.



The new cycle-friendly junction where Whitechapel Road meets Cambridge Heath Road – page 6

সাইকেলিস্টদের জন্য নতুন তিনটি সেফটি বা নিরাপত্তা ব্যবস্থা সম্বলিত দেশের প্রথম জাংশন হোয়াইটচ্যাপলে উদ্বোধন করা হয়েছে।

ক্যামব্রিজ হীথ রোথ এবং হোয়াইটচ্যাপল রোড জাংশনে রেড লাইট স্থাপন করা হয়েছে, যা বাঁ দিকে মোড় নেয়া যানবাহনকে আটকে রাখবে যাতে করে সাইকেলিস্টরা নিরাপদে রাস্তা অতিক্রম করতে পারেন। একই ভাবে লেফট টার্ন নেয়া গাড়িগুলো যাতে নির্বিঘ্নে বা দিকে মোড় নিতে পারে, সেজন্য সাইকেলিস্টদের জন্যও রেড লাইট বসানো হয়েছে।

এই জাংশনে সাইকেল চালকরা যাতে নির্বিঘ্নে ডান দিকে মোড় নিতে পারেন, সেজন্য নতুন টু-স্টেজ রাইট টার্ন স্থাপন করা হয়েছে। এছাড়া সাইকেলিস্টরা যাতে এ১১ সড়ক দিয়ে সোজা এগিয়ে যেতে পারেন, সেজন্য ট্রাফিক সিগন্যালে অপেক্ষমান অন্য যানগুলোর আগে তাদেরকে এগিয়ে যাওয়ার সুযোগ দেয়া হবে। ট্রান্সপোর্ট ফর লন্ডন (টিএফএল) এর অল্ডগেইট থেকে বো পর্যন্ত সাইকেল সুপারহাইওয়েকে আরো আধুনিকায়ন করার চলমান প্রকল্পের অংশ হিসেবে হোয়াইটচ্যাপল জাংশনে এই নতুন নিরাপত্তামূলক ব্যবস্থা সংযোজন করা হয়েছে।

Harriers keep on ru

BY PETER FAULKNER

THERE were many memorable sporting events in 1926 – the first greyhound track opening in Manchester, the first British Grand Prix at Brooklands, Gertrude Ederle becoming the first woman to swim the English Channel and Jack Hobbs scoring 316 runs at Lord's.

It was also a memorable year for the introduction of old age pensions, John Logie Baird's demonstration of the first television and the start of the General Strike in support of the miners.

But in east London there was another important event, not as significant perhaps, but something that is still part of East End life today. It was the birth of Victoria Park Harriers and this month the club is entering its 90th year.

Post-war pastimes

Sport boomed in the 1920s, as young men discharged from the forces sought outlets for their energies. Life was not easy in civvy street, but the working man had greater opportunity to participate in sport than ever before and the Olympic Games of 1920 (Antwerp) and 1924 (Paris) put athletics in the public eye.

Just before the war a running track was created at Victoria Park. Initially, athletes had to change under the trees in full view of the public, but by 1926 railings had been built round the track and dressing rooms put up.

Athletes who worked in the City found the track easy to reach by bus from Liverpool Street and more convenient for training than their



home track. In fact, most of the runners belonged to clubs based elsewhere or were members of social and sports clubs such as Shoreditch wholesalers Jeremiah Rotherhams.

Retired runners, several footballers whose best playing days were behind them, as well as parents and people who just enjoyed being spectators, would gather socially and this created a demand for a club based at Victoria Park.

However, it was not until the summer of 1926 that any serious move was made.

The birth of the club could be traced to a discussion that took place alongside the railings surrounding the track between three people, one of whom was Harry Peck. They decided to approach R J Moore, licensee of the Mitford Castle Tavern, for the loan of a room to stage a general meeting.

This inaugural gathering was in August, when a proposal to form a club under the name of Victoria Park Harriers was unanimously carried. Subscriptions were set at 5 shillings (25p) for active athletes and two shillings and sixpence (12.5p) for honorary members, sums which remained unchanged for more than 20 years.

To raise some working capital, a collection was taken during the meeting. How much was collected nobody knows, but it is not likely to have been a substantial sum in those hard times.

Track runners couldn't wait until the following spring to race and so the first club handicaps were staged at Victoria Park on September 11, 1926 – a modest meeting consisting of 440 yards and two-mile handicaps, 220 yards and 880 yards, but the results are not on record.

With the arrival of the cross-country season, the Eton Mission at Hackney Wick was approached for the use of its premises. A fee

of five shillings per night was quoted which could be revoked, provided that notice to cancel was given before 6pm, and this arrangement proved acceptable.

The earliest committee minutes still in existence date from April 12, 1927. An entry for May 5 shows that a pistol and shots were purchased for 5s; while on June 2, 'it was proposed by H Peck and seconded by R Hewitt that one dozen vests be purchased – 31s 9d (£1.58p)'.

The minutes also show that in September, Ernie Wiseman was reimbursed 2s 4d (12p) for having bought 'eggs and spoons for the ladies race on September 10, 1927. This



Left: Olympian and Tower Hamlets and Victoria Park Harrier Perri Shakes-Drayton, who is aiming to run for gold at the Rio Olympics in 2016. Her hurdling career is possibly over due to a cruciate ligament and cartilage injury to her left knee, but providing she regains full fitness, she will try to qualify for the 400m flat



Runners line up on the cinder track, 1929



Planning, 90 years on



expenditure had been rising steadily, the social committee launched various fund-raising schemes and at the end of September the club bank balance was £31-13-8d... quite healthy in those days.

Some of this money was soon spent on their winter activities, renting rooms at the University Club in Victoria Park Square, Bethnal Green – paying £5 for the season allowed them use of the ‘Uni’ on Wednesdays.

For Saturday afternoon cross-country runs, they took new quarters at Peel Road, Chingford.

The end-of-season handicap meeting in 1939 was held on Saturday, August 26, as storm clouds gathered across Europe. Most of the competitors would never run another race as the Second World War took the lives of many. Unaware of what fate had in store, runners raced for the prizes – a canteen of cutlery, a tea service, an eight-day clock, watches and fruit spoons.

Eight days later, Britain was at war and the Harriers committee held an emergency meeting which resulted in the following letter being sent to all members:

*Dear Member,
At a special committee meeting held on September 10, 1939, the following resolution was passed: ‘Owing to the outbreak of hostilities, all club activities to be suspended temporarily. All outstanding accounts to be paid and the balance to be put into the P.O. Savings Bank under the club trusteeship.’*

*George Hemsworth,
Hon Secretary.*

entry refers to an end-of-season track meeting which became a feature at the end of every track season up to 1939.

Harriers had a promising year in 1932 and this promise was maintained in the following year when they won the prestigious Alex Meyer event beating North London Harriers, Essex Beagles, St Mary’s (Hornsey) and Grafton, gaining six first places and one second place to top Division 2 of the Middlesex League.

In the County Championships, seven members were either placed or earned standard medals, and financially too the club were in a much better position. Although



The Harriers closed for the duration – ‘temporarily’ would stretch to nearly six years.

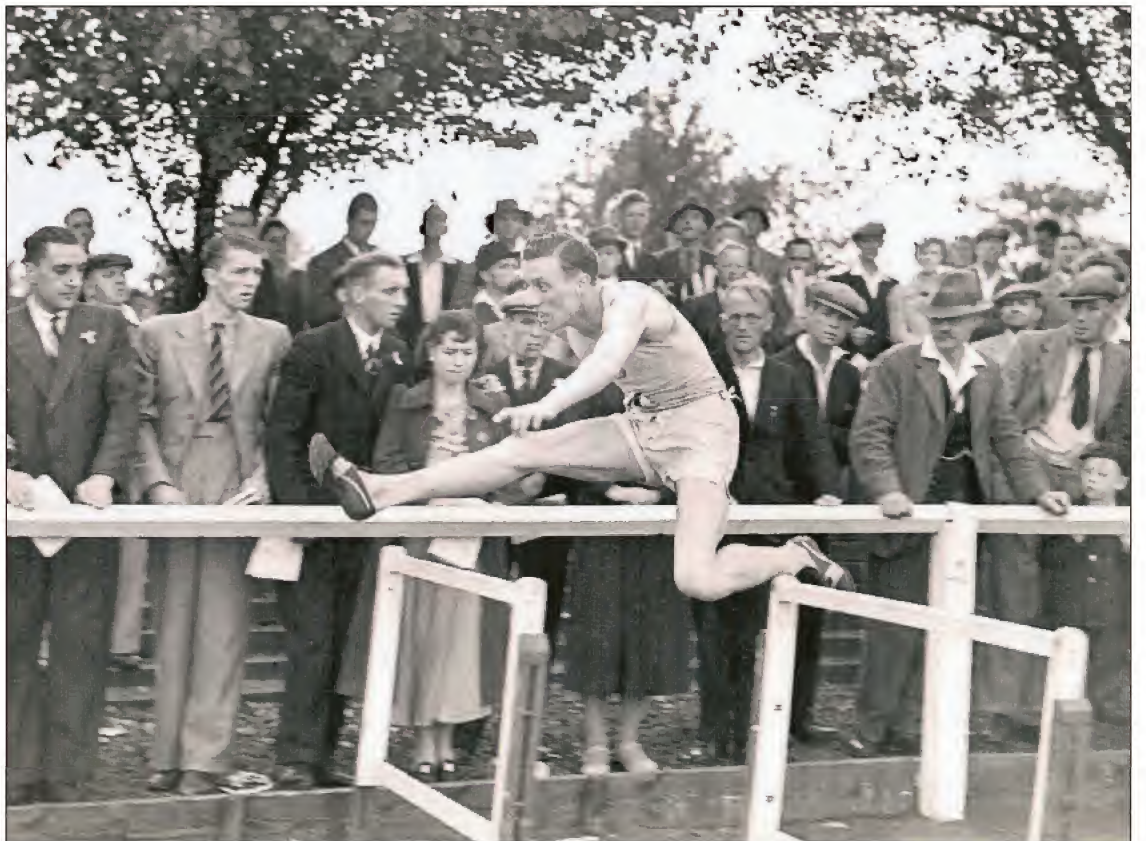
It was 37 years before Tower Hamlets AC was born. It began on October 5, 1976 when the borough hosted a heat of the London Boroughs Championships.

One of the big factors in establishing the club was the opportunity to use the floodlit track at East London Stadium (now Mile End Stadium) as the track in Victoria Park was unlit. The club struggled during renovations at the stadium but managed to survive with help from Tower Hamlets Council.

Tower Hamlets AC concentrated on track and field athletics and had a mainly young membership who joined as total beginners and learnt their events under a handful of talented coaches.

The club had a very young men’s team competing in the Southern League which rose to Division 3 during its most successful period and a ladies/girls team which mainly competed in the lower divisions of the Womens’ Southern League.

The club’s athletes won hundreds of Middlesex Championships over the years and many athletes went on to achieve honours at county, schools, area and international level – three quarters of which were won by female athletes.



Securing the club’s future

As the number of youngsters grew, the small number of coaches and officials at the club found it increasingly difficult to organise all the different league teams and open meetings that the young members needed to attend.

Eventually they approached Victoria Park Harriers in 2001 for a merger in order to benefit from the greater number of experienced volunteers at the older club and to produce a stronger club in this area of London.

The existing VPH badge was updated to

incorporate the new name – Victoria Park Harriers and Tower Hamlets Athletics Club.

Go along and join in

The club has a wide range of members, from absolute beginners to world-class athletes, involved in road running and track and field events, as well as members who specialise in coaching, officiating and timekeeping.

Visit <http://vphtac.org.uk/> for full details or email info@vphtac.org.uk

Above: Eugene Murnane, pictured in 1939, who was club captain in 1950

Olympic roll of honour

Sydney Lancaster Sarel – fifth in round one of the 3.5k walk in a time of 17m 6s at the 1908 London Olympics.

Sarel was a vice-president of the club in the post-war period and was a former Rural Dean of Bethnal Green. Even in his seventies, he could still be seen trotting round Victoria Park with shorts to his knees and wearing his Olympic cap.

Rene William Howell – came seventh in heat three of the 3,000m steeplechase at the 1948 Olympics, also in London.

Rene was a member of the club in the 1930s, but moved to Finchley after the Second World War and joined the Polytechnic Harriers.

Geoffrey Lionel “Geoff” Iden – ninth in the marathon in a time of 2h 30m 42s at the Helsinki Games

in 1952. He joined the club after the war, coming from Queens Park Harriers, and soon became part of one of the best distance teams in the country.

He took up the marathon in 1949 and other members soon attempted the longer distances on the road giving VPH one of the most formidable teams in the country.

Mike McFarlane – in 1976 Mike had a sensational season, scoring a sprint double in the Amateur Athletic Association Youth Championships with records of 10.7s and 21.4s.

He then went on to take third place in the AAA senior 100m in 10.69s. In the same championships, **Danny King** reached the 400m final and, although he was unplaced, was rewarded with a Junior International Badge, as was McFarlane.

McFarlane joined Haringey AC during their golden years and competed at three Olympic Games – he was sixth in the 200m heats in Moscow 1980 and fourth in the 4x100m final; he came fifth in the 100m final in Los Angeles 1984 and seventh in the 4x100m final; in Seoul 1988 he got another silver in the 4x100m and also won medals at three Commonwealth Games and a European championships.

Perri Shakes-Drayton – third in the 400m hurdles semi-final at London 2012 and fifth in the 4x400m at the same games.

Perri joined the club as a junior and has been coached by Chris Zah ever since. She is a world indoor 4 x 400m champion, European indoor 400m champion and 4 x 400m champion, and national 400m hurdles champion.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at...

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, September 1
6.30pm: Licensing sub-committee

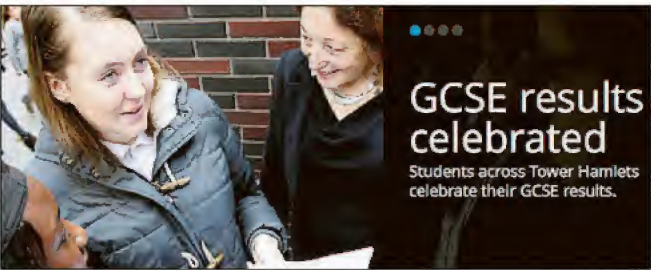
Items for consideration include variation of a premises licence for Sheba Restaurant, 136 Brick Lane, E1; and an application to review a premises licence for E2 Mini Market, 237 Bethnal Green Road, E2. For further information call Simmi Yesmin on 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Thursday, September 3
7pm: Development committee

Planning applications for decision include a new single-storey rear extension for 47 Brierly Gardens, E2; new rear extension and demolition and replacement of an access ramp at 55 Brierly Gardens, E2;

demolition of three-storey building and construction of six-storey building for educational use as well as 59 residential units at 80 Back Church Lane, E1; and provision of an arts and music academy including studios, performance space, classrooms and a café on a site at the north east of Blackwall Tunnel northern approach and Twelvetreves Crescent, E3. For further information contact Zoe Folley on 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which will be held at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Tower Hamlets online

www.towerhamlets.gov.uk
For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections



Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1
2-12 Cambridge Heath Road – application for variation of condition 2 (approved plans) of planning permission, ref: PA/14/01045. Britannia House, 68-80 Hanbury Street – details of condition 3 (sample and privacy screen) and condition 4 (secure cycle storage) of planning permission, ref: PA/14/02458. 50 Brick Lane – mansard roof extension at third floor level to number 50 to allow the conversion of an existing dwelling into 1 x 2 bed unit and 1 x 3 bed flats. Ground floor, 11 Whites Row – installation of a new shopfront. Flat 15, Dandridge House, 31 Lamb Street – construction of new window. 2A Sidney Street And 303 Commercial Road – proposed 3rd and 4th floor extension to create 1-bed flat on third floor and 3-bed duplex on third and fourth floors. Application for variation of condition 2 (approved drawings) of planning permission, ref: PA/14/00457, for a proposed minor material amendment to the development.

E2
406B Hackney Road – change of use from dental surgery to retail shop on the ground floor plus a 1-bed flat and 2-bed flat. 216A Whitechapel Road – change of use from minicab office to restaurant. Creation of roof terraces at first and second floors with plastic covered wooden pergolas above the terraces. E3
161 Bow Road – change of use of first-floor office space to residential use. E14
Site At 1 To 18 Dollar Bay Court 4 Lawn House Close, Lawn House Close – details of condition 17 (landscaping and public realm scheme) of planning permission, ref: PA/14/03261. Chrisp Street Market, Chrisp Street – scoping opinion application in accordance with environmental impact assessment regulations. Land adjacent to Repton Street – submission of details relating to condition 16b (green roof, photovoltaic panels and CHP unit) for planning permission, ref: PA/12/02131.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service
Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis
For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Mastering healthy food

A NUTRITIONAL workshop for winners of the Food For Health award, and those working towards it, was provided at Wapping law firm Reynolds Porter Chamberlain.

Michele Sandelson, a public health dietitian, took the caterers through the challenges they may face and discussed how food and customers' demands have changed over time. She also demonstrated that small changes to ingredients and cooking methods can have a positive impact on health. The event was attended by Zaza's Café, New Road; Alhambra, Whitechapel Road; and Bar-B Que, Bethnal Green Road, which are all working towards



Caterers during the nutritional workshop

becoming award winners. Chefs from Reynolds Porter Chamberlain, itself a gold award winner, also took part. For more information, or if you would like to join the scheme, contact Food Safety, Environmental Health, London Borough of Tower Hamlets, 6th floor, Mulberry Place, 5 Clove Crescent, E14 2BG. Call 7364 5008, email food.safety@towerhamlets.gov.uk, visit www.towerhamlets.gov.uk/foodforhealth or follow #THfoodforhealth

DOMESTIC, TRADE WASTE AND RECYCLING COLLECTIONS
AUGUST BANK HOLIDAY MONDAY 31st AUGUST 2015

Over the Bank Holiday period there will be changes to your normal collection arrangements. Your waste, recycling, food and garden waste collections will be affected.

NORMAL COLLECTION DAY	REVISED COLLECTION DAY
Monday 31st August 2015	Tuesday 1st September 2015
Tuesday 1st September 2015	Wednesday 2nd September 2015
Wednesday 2nd September 2015	Thursday 3rd September 2015
Thursday 3rd September 2015	Friday 4th September 2015
Friday 4th September 2015	Saturday 5th September 2015

Working in Partnership for Cleaner and Safer Streets

Please ensure your waste and recycling (including food and garden waste) is available for collection before 7.00am

TOWER HAMLETS
CAN RECYCLE MORE!
www.towerhamlets.gov.uk



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK



Did you get it?

Last week's photo was of a lamp at Wilkes Street and Hanbury Street.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes
– 7364 5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice – 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department you wish to speak to, call the switchboard on 7364 5000.



Boats from the Clipper Round The World Yacht Race spent more than a week in St Katharine Docks before they were scheduled to leave on Sunday. Visitors to the race village had a chance to meet the sailors and enjoy daily entertainment. This picture was taken by Richard Morgan, 45, a Wapping resident for 11 years and keen photographer, who works for TfL. If you want to see your photos published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)

24-hour domestic violence national helpline

0808 2000 247
Haven Whitechapel (sexual assault referral centre)

7247 4787
Karma Nirvana (Honour Network Helpline)

0800 5999 247
Broken Rainbow (LGBT domestic violence)

0845 260 4460
Black Women's Health & Family Support

8980 3503
Rights of Women

(legal advice)

7251 6577

Victim Support Line

0845 30 30 900

Victim Support Tower Hamlets

8555 8254

NSPCC Child Protection Helpline

0800 800 5000

Childline

0800 1111

Shelterline

0808 800 4444

Respect (for perpetrators)

0845 122 8609

Reunite (advice about child abduction)

0116 2556 234

Men's Advice Helpline

0808 8010 327

Samaritans

08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

Free service for council tenants and leaseholders. 7702 8305

Trading standards

Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

AIRPORT TRANSFERS
20% discount and cheaper than all taxis in East London.
Call today for £10 offer.
Tel: 020 7093 0033
Heathrow.....£40
Gatwick.....£50
Stansted.....£40
City.....£20
Driver wanted
www.licensedminicab.com

Hamlets
A Mini Cooper Driving School
07956289566
Learn in STYLE... Smart & Fast Way
THIS MONTH OFFERS:
1/2 price 1st lesson Only £9.99
Lessons @£15/hr, 4 hours = £60 (once only)
Block bookings @£18/hr | PAY ONLINE | GIFT
• Tower Hamlets | Newham | Hackney | Redbridge
• Car: Mini Cooper D 2012 plate MANUAL
• We only use DSA approved instructors
• PASS PLUS registered
• Short Notice test arranged
• ADI: part 1, 2 and 3 available
www.hamletsdrivingschool.co.uk

LOCAL MINI CABS
canarywharfcars.co.uk
020 7423 9999
Owner Drivers
EARN £500 - £1000 per week.
Day or Night Shift, Weekly Rent or Percentage Based
AIRPORT TRANSFERS FROM £40
info@canarywharfcars.co.uk
DRIVERS WANTED

0% COMMISSION RENT GUARANTEE
1-6 BEDROOM PROPERTIES URGENTLY REQUIRED IN ALL AREAS OF LONDON
• FREE GAS SAFETY & EPC CERTIFICATE
• 1-5 YEAR RENT GUARANTEE
• DEDICATED MANAGEMENT SERVICE
• VETTED PROFESSIONAL TENANTS
CALL FOR A FREE RENTAL VALUATION
0203 384 2636
eLondon Lets
Lettings & Management

SPEED DRIVING SCHOOL
Why with Speed ?
Friendly Expert Instruction
Auto & Manual
FIRST 5 HOURS FOR £75
DSA Approved Fully Qualified Instructor
Call Instructor Direct
07823 886 170
www.speeddrivingschool.co.uk

Salem International Christian Centre
SALEM CARE LINES
Willing ears and caring hearts to share your burdens
Call the workers below, and somebody will be there for you
07943 842915: 7pm - 10pm
07481 242958: 7pm - 10pm
07984 102976: 7pm - 10pm
07534 668392: 2pm - 7pm
Your life matters, your life is important and God loves you.
Email: admin@salemeurope.org
www.salemeurope.org

Local Housing Allowance Rates

April 2015

Type of Accommodation	Local Housing Allowance
* Shared Accommodation	£102.09 per week
1 Bedroom	£257.35 per week
2 Bedroom	£302.33 per week
3 Bedroom	£354.46 per week
4 Bedroom & above	£417.02 per week

*The shared accommodation rate will be used for single people under 35 years of age and single tenants/couples who only have exclusive use of one room and shares other facilities.



Free REFURBISHMENT FOR LANDLORDS
On all 1-5 Year Guaranteed Rent Packages



- 0% Commission
- 0% Full management
- 0% Rent loss during contract
- 0% For free property inspection
- 0% For free Gas, Electric & EPC Certificates

0% TO SELL OR RENT YOUR PROPERTY
PROPERTIES URGENTLY REQUIRED

Call today for your free valuation!

PRIME LAND

www.primelandproperty.co.uk

020 7377 5445



*T & Cs apply

124 Whitechapel Road, London E1 1JE



WE SPECIALISE IN THE FOLLOWING AREAS OF LAW

Personal Services

- Notary Public
- Immigration
- Residential Property
- Family
- Criminal Law
- Human Rights
- Housing
- Civil Litigation
- Personal Injury
- Employment
- Wills & Probate

Business Services

- Notary Public
- Commercial Property
- Employment Law
- Immigration
- Company Law
- Business Structure
- Business Contract
- Intellectual Property
- Debt Recovery

Principal Solicitor & Notary Public:
Muhammad Karim LLB (Hons)

White Horse Solicitors & Notary Public,
96 White Horse Lane, London E1 4LR

Email any enquiries: info@whitehorselaw.com

Telephone:
020 7118 1778

We provide both solicitor and Notary services.
Visit our website to view all the services we offer

Solicitors Website and Notary Website
www.whitehorselaw.com
www.mk-notarypublic.com



Pay-as-you-go eco-car hire

Poplar HARCA is offering an affordable, environmentally friendly way to get behind the wheel in London, in collaboration with E-Car Club. It uses electric vehicles and offers 24-hour online access.

WWW.E-CARCLUB.ORG

Keep it clean

Thoroughly clean all barbecue utensils and food preparation surfaces, and ensure meat is properly cooked through.

SEE BELOW

Property

Skills courses for THH residents

BY JESSICA ODUBAYO

A GROUP of residents has received certificates for passing a training programme run by Tower Hamlets Homes (THH).

They learnt about basic housing law, treasurer skills, public speaking, chairing meetings and how to manage a project.

Ann Lucas, chair of THH board, and Cllr Sirajul Islam, lead member for housing, presented the certificates at a celebration at Harford Community Centre, Stepney.

Les Warren, finance director for THH, said: "The programme is aimed at increasing knowledge and skills among residents so that they can get

more involved in working with their landlords and developing their neighbourhoods.

"But we offer training for personal development too, such as writing skills, job search skills and an introduction to computing."

This is the second year that THH has run courses in partnership with other housing providers including Providence Row, Gateway, Newlon, One Housing, Spitalfields and Tower Hamlets Community Housing.

Idea Store Learning and Women's Environmental Network helped deliver the training.

Right: residents celebrate with Ann Lucas, Cllr Sirajul Islam and Les Warren



News in brief

Low-cost car hire

SOCIAL housing landlord Poplar HARCA is offering low cost, environmentally friendly, pay-as-you-go car hire.

The new electric vehicles can be collected at Chrisp Street, Poplar and Guerin Square, Mile End. Visit www.e-carclub.org

Have a safe BBQ

HOUSEHOLDS planning to hold a barbecue this bank holiday are being advised to stay healthy.

Every year thousands of people fall foul of badly cooked food at barbecues.

Chartered environmental health practitioner Dr Lisa Ackerley's top tips for safe and hygienic entertaining this barbecue season are: wipe surfaces all surfaces with a cleaning fluid, wash your hands and thoroughly clean all utensils.

Sell your property for **1%** + VAT

Let your property for **5%** + VAT

Free "No Obligation" Valuation

Century 21
BETHNAL GREEN

Let the **world's largest** residential estate agency organisation work for you.



☎ **0203 696 1840**

✉ bethnalgreen@century21uk.com

📍 147 Hackney Road, Shoreditch, E2 8JL

tower hamlets homeseekers

28/08/15 - 03/09/15
Closing date for Internet and
Telephone bids:
03/09/15

Find out about local schools, council services, transport links, and businesses at: www.upmystreet.com

UpMyStreet

Guinness
South

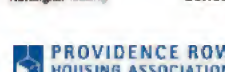
east THAMES



ONE HOUSING
LIVING BETTER



east end HOMES



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

‘تاؤہار آہاملےٹس ہاؤسنگ لیٹلنگس لیسٹ’ پر ایک ایسی درخواست دینا ضروری ہے جس سے آپ کو ہاؤسنگ لیٹلنگس لیسٹ میں شامل کیا جاسکے۔ آپ کو ہاؤسنگ لیٹلنگس لیسٹ میں شامل ہونے کے لیے درخواست دینا ضروری ہے۔ اگر آپ ہاؤسنگ لیٹلنگس لیسٹ میں شامل نہیں ہیں تو آپ کو ہاؤسنگ لیٹلنگس لیسٹ میں شامل ہونے کے لیے درخواست دینا ضروری ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کر سکتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر نہیں کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若你仍然登記在塔橋區政府現時生效的房屋名單上，你才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں بولی دے سکتے ہیں اگر ”ہاؤسنگ لیٹلنگس لیسٹ“ میں آپ کی درخواست واجب اورز پر فہرست ہے۔ براؤز کریں ان میں سے کسی گھر کو دیکھنے کے لئے مت جائیے کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کر سکتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر نہیں کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ سے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet 'Support Charges in long term Supporting People Services'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding
Just log on to www.thhs.org.uk



2. Telephone Bidding
Simply call 0845 270 2400

Calls cost 10p per minute plus your phone company's access charge. You can also bid on line at Tower Hamlets Homeseekers: www.thhs.gov.uk at no cost. If you do not have internet access at home, you can use computers available at the One Stop Shops and Idea Stores, free of charge, to search for suitable homes and place bids.

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the















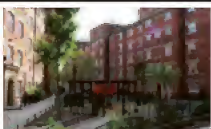

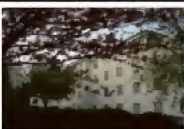
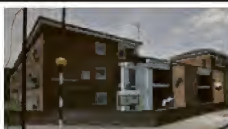

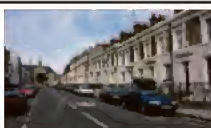

Permit Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

 <p>OVER 60's Accessible Category F SWEDENBORG GARDENS, E1</p> <p>Bungalow • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission</p> <p>Eligibility : Min Client Age 60</p> <p>£115.83, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 33394</p>	 <p>SHELTERED Accessible Category E EDITH RAMSAY HOUSE, DUCKETT STREET, E1</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Permit parking • Pets not permitted</p> <p>Eligibility : Min Client Age 60</p> <p>£149.47, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 33414</p>	 <p>OVER 50's Accessible Category F MOODY STREET, E1</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£115.34, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33380</p>	 <p>OVER 50's Accessible Category F BARBER BEAUMONT HOUSE, BANCROFT ROAD, E1</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted</p> <p>Eligibility : Min Client Age 50</p> <p>£107.14, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33411</p>	 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category F RAPLEY HOUSE, TURIN STREET, E2</p> <p>Flat • 0 Bed 1 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges</p> <p>£104.01, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33371</p>
 <p>BEDSIT SELF-CONTAINED FLAT Accessible Category F PARIS HOUSE, OLD BETHNAL GREEN ROAD, E2</p> <p>Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted</p> <p>£107.38, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 33360</p>	 <p>1 BEDROOM Accessible Category F ARGYLE ROAD, E1</p> <p>Flat • 1 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy</p> <p>£104.23, Weekly - Social Rent Landlord: Peabody</p> <p>Property Ref: 33421</p>	 <p>1 BEDROOM Accessible Category F GOODWAY GARDENS, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy PREFERENCE WILL BE GIVEN TO POPLAR HARCA DECANTS</p> <p>£116.73, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 33399</p>	 <p>1 BEDROOM Accessible Category F MANCHESTER ROAD, E14</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£141.07, Weekly - Social Rent Landlord: One Housing</p> <p>Property Ref: 33415</p>	 <p>1 BEDROOM Accessible Category F PERKINS HOUSE, ST PAULS WAY, E14</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Permit parking • Pets with landlords permission</p> <p>£126.21, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 33374</p>
 <p>1 BEDROOM Accessible Category F MORANT STREET, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£134.28, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33366</p>	 <p>1 BEDROOM Accessible Category D BLACKWALL WAY, E14</p> <p>Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Car free home • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£159.17, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 33405</p>	 <p>1 BEDROOM Accessible Category F JAVA COURT, WAPPING HIGH STREET, E1W</p> <p>Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted</p> <p>£124.86, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 33377</p>	 <p>1 BEDROOM Accessible Category F RUM CLOSE, E1W</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£111.61, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33416</p>	 <p>1 BEDROOM Accessible Category F PROVIDENCE ROW CLOSE, E2</p> <p>Flat • 1 Bed 2 Person • 3rd floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Electric storage heater • No garden • Permit parking • Pets with landlords permission</p> <p>£140.03, Weekly - Social Rent Landlord: Providence Row HA</p> <p>Property Ref: 33372</p>
 <p>1 BEDROOM Accessible Category G PEABODY BUILDINGS BLOCK F, CAMBRIDGE CRESCENT, E2</p> <p>Flat • 1 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy</p> <p>£121.84, Weekly - Social Rent Landlord: Peabody</p> <p>Property Ref: 33409</p>	 <p>1 BEDROOM Accessible Category F EBENEZER MUSSEL HOUSE, PATRIOT SQUARE, E2</p> <p>Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges</p> <p>£125.90, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33368</p>	 <p>1 BEDROOM Accessible Category G PRIAM HOUSE, OLD BETHNAL GREEN ROAD, E2</p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted</p> <p>£123.35, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 33378</p>	 <p>1 BEDROOM Accessible Category D BOW COMMON LANE, E3</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£127.64, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 33381</p>	 <p>1 BEDROOM Accessible Category F LEADENHAM COURT, SPANBY ROAD, E3</p> <p>Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted • Heating & hot water included in charges</p> <p>£130.01, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33413</p>
 <p>2 BEDROOMS Accessible Category F WHITE HORSE ROAD, E1</p> <p>Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted</p> <p>£132.74, Weekly - Social Rent Landlord: Spitalfields HA</p> <p>Property Ref: 33358</p>	 <p>2 BEDROOMS Accessible Category F LINDLEY HOUSE, LINDLEY STREET, E1</p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Check garden on viewing • Permit parking • Pets not permitted</p> <p>£131.98, Weekly - Social Rent Landlord: Gateway Housing Association</p> <p>Property Ref: 33404</p>	 <p>2 BEDROOMS Accessible Category F ZION HOUSE, JUBILEE STREET, E1</p> <p>Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£142.11, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33375</p>	 <p>2 BEDROOMS Accessible Category G CEPHAS AVENUE, E1</p> <p>Maisonette • 2 Bed 4 Person • Ground Floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted</p> <p>£138.21, Weekly - Social Rent Landlord: Genesis Housing Association</p> <p>Property Ref: 33418</p>	 <p>2 BEDROOMS Accessible Category F RAYNHAM HOUSE, HARPLEY SQUARE, E1</p> <p>Maisonette • 2 Bed 4 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted</p> <p>£122.84, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 33370</p>



2 BEDROOMS
Accessible Category F
BRICK LANE, E1

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted

£146.69, Weekly - Social Rent
Landlord: Spitalfields HA

Property Ref: 33359



2 BEDROOMS
Accessible Category F
BRUNE HOUSE, BELL LANE, E1

Maisonette • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking, Property is in congestion zone • Pets not permitted

£136.91, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 33397



2 BEDROOMS
Accessible Category F
BRION PLACE, E14

Maisonette • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£137.81, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 33402



2 BEDROOMS
Accessible Category F
BRASSEY HOUSE, CAHIR STREET, E14

Flat • 2 Bed 3 Person • 3rd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission

£135.05, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 33396



2 BEDROOMS
Accessible Category E
OSTERLEY HOUSE, GIRAUD STREET, E14

Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy
PREFERENCE WILL BE GIVEN TO POPLAR HARCA DECANT TENANTS

£142.52, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 33406



2 BEDROOMS
Accessible Category G
COLBORNE HOUSE, UPPER NORTH STREET, E14

Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£142.18, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 33407



2 BEDROOMS
Accessible Category F
UAMVAR STREET, E14

Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£143.39, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 33420



2 BEDROOMS
Accessible Category G
NARROW STREET, E14

Flat • 2 Bed 4 Person • 3rd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted

Eligibility : Homeless Permanent

£159.68, Weekly - Social Rent
Landlord: Newlon HA

Property Ref: 33398



2 BEDROOMS
Accessible Category D
NEUTRON TOWER, BLACKWALL WAY, E14

Flat • 2 Bed 4 Person • 6th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • One week's advance rent required at sign up of tenancy

Eligibility : Homeless Permanent

£233.27, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 33382



2 BEDROOMS
Accessible Category G
PEABODY BUILDINGS BLOCK A, BRODLOVE LANE, E1W

Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy

£128.61, Weekly - Social Rent
Landlord: Peabody

Property Ref: 33408



2 BEDROOMS
Accessible Category G
BRODLOVE LANE, E1W

Flat • 2 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • Electric radiators • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£129.42, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 33361



2 BEDROOMS
Accessible Category F
WESTHOPE HOUSE, DERBYSHIRE STREET, E2

Maisonette • 2 Bed 4 Person • 8th floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£128.03, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33417



2 BEDROOMS
Accessible Category F
PONSONBY HOUSE, BISHOPS WAY, E2

Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£124.84, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33367



2 BEDROOMS
Accessible Category F
WAGER STREET, E3

Maisonette • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets with landlords permission

£135.05, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 33379

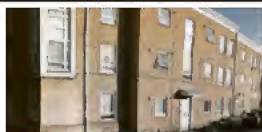


2 BEDROOMS
Accessible Category F
PORTIA WAY, E3

Maisonette • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

£136.08, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 33395



2 BEDROOMS
Accessible Category F
TURNERS ROAD, E3

Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted

£139.66, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 33412



3 BEDROOMS
Accessible Category F
SOLANDER GARDENS, LOWOOD STREET, E1

Maisonette • 3 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£136.78, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33373



3 BEDROOMS
Accessible Category F
EVERARD HOUSE, BOYD STREET, E1

Flat • 3 Bed 4 Person • 4th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted

£138.32, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33410



3 BEDROOMS
Accessible Category F
GLENGALL GROVE, E14

Maisonette • 3 Bed 5 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years.
PRIORITY WILL BE GIVEN TO ONE HOUSING TENANTS

£167.08, Weekly - Social Rent
Landlord: One Housing

Property Ref: 33403



3 BEDROOMS
Accessible Category F
PENNYFIELDS, E14

Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Permit parking • Pets permitted

£147.83, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33365



4 BEDROOMS
Accessible Category F
MOODY STREET, E1

House • 4 Bed 7 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets permitted

£143.14, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33369



4 BEDROOMS
Accessible Category F
SOUTHWATER CLOSE, E14

Maisonette • 4 Bed 7 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • No garden • Permit parking • Pets permitted

£152.36, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 33362

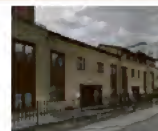


4 BEDROOMS
Accessible Category F
ALPHA GROVE, E14

House • 4 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy.

£170.53, Weekly - Social Rent
Landlord: One Housing

Property Ref: 33401



5 BEDROOMS
Accessible Category F
HAWGOOD STREET, E3

House • 5 Bed 7 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Permit parking • Pets not permitted • Additional shower room & WC

£181.33, Weekly - Social Rent
Landlord: Gateway Housing Association










Property Ref: 33419

Reminder:
Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life.

Please note the rent level and length of tenancy offered on the following homes.

 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 1 Bed 2 Person • Ground Floor • New build • Open plan kitchen • One lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>£152.14, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33363</p>	 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 1 Bed 2 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>£152.20, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33364</p>	 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 3 Bed 5 Person • Ground Floor • New build • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>£171.09, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33384</p>	 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 2 Bed 4 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>£168.06, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33385</p>	 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 1 Bed 2 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>£152.20, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33387</p>
 <p>AFFORDABLE RENT Accessible Category D EXETER HOUSE, ST IVES PLACE, E14</p> <p>Flat • 1 Bed 2 Person • 3rd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • No gas cooking-electric only</p> <p>Advert represents 2 properties £152.20, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33389</p>	 <p>AFFORDABLE RENT Accessible Category F VASSALL HOUSE, ANTILL ROAD, E3</p> <p>Maisonette • 3 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£236.44, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33383</p>	 <p>AFFORDABLE RENT Accessible Category G WILMER HOUSE, DALING WAY, E3</p> <p>Flat • 3 Bed 4 Person • 7th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme, Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£246.62, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 33391</p>	 <p>AFFORDABLE RENT Accessible Category F GRANARY ROAD, E1</p> <p>Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Life Time tenancy.</p> <p>£205.96, Weekly - Affordable Rent Landlord: Newlon HA</p> <p>Property Ref: 33400</p>	<p>You are advised to check the Homeseekers website at www.thhs.org.uk for further information.</p>

Providence Row Housing Association

SARAH PERRY HOUSE 6 Flora Close E14 6DX

One ground floor Category A (Fully wheelchair accessible) flat

One ground floor Category B (Partially wheelchair accessible) flat

Comprising: Shower Room/WC ~ Entry phone ~ Shared Garden

Double Glazing ~ Separate Kitchen

No Right to buy ~ No Pets Allowed ~ Car free development

6 x One bedroom flats: 1st to 4th Floor Category D

Comprising: Shower Room/WC ~ Entry-phone ~ Shared Garden

Double Glazing ~ Open Plan Kitchen/Living Room ~ one lift

No Right to buy ~ No Pets Allowed ~ Car free development

These units are most suitable for women with whom a lift would be helpful

These units are restricted to single occupation for poor women only.

All residents will be signed on a license agreement and will be required to pay a weekly maintenance contribution of £162.74 per week.

For further details of these properties please contact:

Pat O'Keefe,
Service Improvement Manager,

Providence Row
Housing Association
and Kipper Project,

458 Bethnal Green Road,
London E2 0EA

Tel: 020 7920 7331/7300

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Play and Learning Lead

Children's Services Directorate
Ref: ESW00600 | Fixed Term Contract (Maternity Cover)
Closing date: 07.09.15

£32,157 - £34,380
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



Want to volunteer as a Health Champion?

- Gain an RSPH Level 2 qualification in Understanding Health Improvement
- Learn about health and wellbeing in your community
- Develop new skills
- Build your confidence

Are you passionate in helping others?

Would you like to make a difference in your community?

Are you interested in supporting health and wellbeing events?

For an informal chat, or to request an application pack, please contact:

Stifford Centre Health Trainers

(St Katherines & Wapping, Whitechapel, St Dunstons, Shadwell, Stepney Green)

Faarahena Nifa on 020 7790 3632 or email fnifa@stifford.org.uk



Bromley by Bow Health Trainers

(Bow East & West, Mile End, Bromley North & South)

Amy Westwick on 020 8709 9845 or email amy.westwick@bbbc.org.uk



Poplar & Limehouse Health Trainers

(Poplar, Limehouse, Lansbury, Blackwall & Cubitt Town, Island Gardens, Canary Wharf)

Mariam Hassan on 020 7517 2600 or email Mariam.hassan@nhs.net



Please note closing date for applications is Friday 2nd October 2015

To reserve your space in East End Life, please call us to book by midday on the Tuesday prior to the Monday publication date.



Sir John Cass

Sir John Cass's Foundation & Red Coat CoE Secondary School

Stepney Way,
London E1 ORH
Tel: 020 7790 6712
Fax: 020 7790 0499
www.sjcr.net

Academic and Cover Tutors (Science, Humanities & RE)

Salary 17+ NJC APT & C scales (pro rata) – dependent on experience and qualifications up to circa £20k pro rata.
35 hours per week / term time only / temporary until 31st July 2016

We require graduates with degrees in Science, Humanities & RE to work with students on an individual basis in preparation for their SATs, GCSEs and Advanced level studies. The post will also involve a small proportion of class supervision (cover).

Please complete the Application form on the school website www.sjcr.net and send to Mr Evans, the Headteacher, either by post or fax or email haydn.evans@sjcr.net

A copy of the Job Description and Selection Criteria is available on the School Website.

Closing date: Monday 7th September 2015

To place your ad in East End Life, call...

Terri on 7364 4682

Chris on 7364 4994

Fatima on 7364 4623

Sharan on 7364 4061

Public and Legal notices inform the public of planning act notices from roads to buildings as well as licensing act notices, insolvency acts, notices to creditors, missing beneficiaries etc.

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011 (AS AMENDED)

NOTICE UNDER ARTICLE 8 OF APPLICATION FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

PROPOSED DEVELOPMENT AT:

Maersk House, Braham Street, London, E1 8EP
(formerly known as Beagle House)

PA/15/2227

Notice is given that Barton Willmore LLP on behalf of Aldgate Investment (General Partner) Limited are applying to the London Borough of Tower Hamlets for:

Demolition of the existing building and erection of an 18 storey building comprising two ground floor retail units (Class A1, A2, A3, or A4), 1st - 17th floor office use (Class B1), two basement levels and associated servicing together with landscaping, plant accommodation, parking, access and other works incidental to the application. (Application for a new planning permission to replace an extant permission, PA/09/01122 dated 26 August 2010).

This application is accompanied by an Environmental Statement.

This MAJOR application includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011

Copies of the application, plans, environmental statement and all other documents may be inspected between the hours of 9am to 5pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from Barton Willmore LLP, 7 Soho Square, London, W1D 3QB, Contact Number: 020 7446 6888 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to this application should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 31 August 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – DELTA STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Delta Street between its junction with Gossett Street and its junction with Wellington Row;

Reason: To allow works to be carried out on the public highway by Thames Water;

Alternative Route: For vehicular traffic will be via Gosset Street, Wellington Row and Delta Street and vice versa or Wellington Row, Barnet Grove and Gosset Street;

Period: From Tuesday 8th September 2015 to Thursday 10th September 2015.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 31st August 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WHITEHORSE ROAD E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Whitehorse Road between its junction with Matlock Street and its junction with Belgrave Street;

Reason: To allow essential reciting of offices and welfare facilities on the public highway by Optimise Thames Water;

Alternative Route: There are no alternative routes for vehicular traffic as it is a dead end road or cul-de-sac;

Period: From Monday 21st September 2015 to Sunday 20th December.

Please refer any queries regard-



Notice Of Application For Planning Permission

Notice Of Application For Planning Permission Under Article 15 Of The Town and Country Planning (Development Management Procedure) (England) Order 2015
The Town And Country Planning Act 1990 (As Amended)
Town And Country Planning (Control Of Advertisement) (England) Regulations 2007

Town And Country Planning (Environmental Impact Assessment) (England And Wales) Regulations 2011 (As Amended)

Date of notice: 31-Aug-2015

In accordance with the above act and related legislation, notice is hereby given that the application forms, plans and other documents submitted in relation to the proposal noted below may be examined at the London Legacy Development Corporation reception Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. The reception is open from 09:00 – 17:00 Monday to Friday by appointment only telephone number 020 3288 8820. The above documents are also available to download from the Planning Register on the Planning Policy and Decisions Team website <http://planningregister.londonlegacy.co.uk>. **Anyone who wishes to make comments about the application should write to the address below quoting the relevant Application Reference Number:** Director of Planning Policy and Decisions Team, London Legacy Development Corporation, Level 10, 1 Stratford Place, Montfichet Road, London E20 1EJ. Alternatively comments can be made by email to: planningenquiries@londonlegacy.co.uk Comments should be submitted within 21 days of the date of this notice and should be received by **20-Sep-2015** **Application Reference No:** 15/00396/FUL **Application Site:** Olympic Stadium, PDZ 3, Queen Elizabeth Olympic Park, London **Description of Proposal:** Installation of vertical steel mullions extending 16.5 metres in height and 336 degrees around the exterior of the Olympic Stadium façade to support a digital LED wrap (comprising 300mm x 300mm grid of active LED luminaire nodes, extending 15 metres in height 270 degrees around the exterior of the Olympic Stadium façade) **Applicant's name:** E20 Stadium LLP **Application Reference No:** 15/00397/ADV **Application Site:** Olympic Stadium, PDZ 3, Queen Elizabeth Olympic Park, London **Description of Proposal:** Application for Advertisement Consent in relation to a digital LED Wrap comprising 300mm x 300mm grid of active LED luminaire nodes (fitted onto steel mullions) as set out in the Development Specification and Framework; extending 15m in height and 270 degrees around the exterior of the Olympic Stadium façade. **Applicant's name:** E20 Stadium LLP **Application Reference No:** 15/00399/SCRES **Application Site:** Olympic Stadium, PDZ 3, Queen Elizabeth Olympic Park, London **Description of Proposal:** Request for Screening Opinion in relation to the installation of steel mullions to Stadium facade to support a digital LED Wrap. **Applicant's name:** E20 Stadium LLP **Dated:** 31-Aug-2015; **Authorised by:** Anthony Hollingsworth **On Behalf of:** London Legacy Development Corporation, Planning Policy and Decisions Team.

ing the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 31st August 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – ELSA STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Elsa Street to the easternmost end from its junction with Whitehorse Road;

Reason: To allow essential works to be carried out on the public highway by Optimise Thames Water;

Alternative Route: There are no alternative routes for vehicular traffic as it is a dead end road or cul-de-sac.

Period: From Monday 21st September 2015 to Sunday 20th December 2015.

Please refer any queries regarding the above traffic restriction to

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

**Attlee House, Sunley House and Profumo House, PA/15/215/ADW
10 Gunthorpe Street, London**

Demolition of Attlee House, Sunley House and College East (Excluding part facade retention of College East) and construction of ground, basement plus part 3, part 4 and part 5 storey buildings providing 63 Class C3 residential units and 264 sq m (GIA) Class B1 office floorspace. Demolition of Profumo House and construction of a new building comprising basement, ground and 4 storey building comprising 990 sq m (GIA) Class B1 office floorspace 418 sq m (GIA) Tonybee advice services. Provision of car and cycle parking, amenity and play space, with associated plant and works.

**Our Ladys Primary School, Copenhagen Place, PA/15/02148/KHM
London, E14 7DA**

“Demolition of existing buildings for the redevelopment of the site to provide buildings ranging between 4 part 5 storeys to 7 storeys in height comprising 45 residential units including affordable housing (Use Class C3), together with associated disabled car parking, cycle parking, open space, landscaping and infrastructure works.”

**Maersk House, Braham Street, London, E1 8EP PA/15/2227/GGW
(formerly known as Beagle House)**

Demolition of the existing building and erection of an 18 storey building comprising two ground floor retail units (Class A1, A2, A3, or A4), 1st - 17th floor office use (Class B1), two basement levels and associated servicing together with landscaping, plant accommodation, parking, access and other works incidental to the application. (Application for a new planning permission to replace an extant permission, PA/09/01122 dated 26 August 2010).

This application is accompanied by an Environmental Statement.

27-29 and 33 Caroline Street, London, E1 0JG PA/15/2164/PLA

Demolition of existing buildings at 27-29 and 33 Caroline Street and erection of two buildings up to 9 storeys in height to provide 56 residential units and landscaped amenity space, cycle parking and associated works.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 31st August 2015

OWEN WHALLEY

HEAD OF PLANNING & BUILDING CONTROL



David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 31st August 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – CAROLINE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Caroline Street for a distance of approximately 50 metres between its junction with Cable Street and its junction with Commercial Road;

Reason: To allow essential works to be carried out on the public highway by Road Traffic Solutions;

Alternative Route: Via Commer-

cial Road, Pitsea Street and Cable Street or Commercial Road and Butcher Row;

Period: On Sunday 13th September 2015.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Clean, Green and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 31st August 2015

**SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

- Attlee House, Sunley House and Profumo House,
10 Gunthorpe Street, London

PA/15/215/ADW

Demolition of Attlee House, Sunley House and College East (Excluding part facade retention of College East) and construction of ground, basement plus part 3, part 4 and part 5 storey buildings providing 63 Class C3 residential units and 264 sq m (GIA) Class B1 office floorspace. Demolition of Profumo House and construction of a new building comprising basement, ground and 4 storey building comprising 990 sq m (GIA) Class B1 office floorspace 418 sq m (GIA) Tonybee advice services. Provision of car and cycle parking, amenity and play space, with associated plant and works.
- Flat 57, The Cloisters, 145 Commercial Street,
London, E1 6EB

PA/15/2064/AHU

Removal of partition wall above door frame to open up hallway.
- 50 Brick Lane, London, E1 6RL

PA/15/1732/DHA

Mansard roof extension at third floor level to no. 50 to allow the conversion of an existing dwelling into 1 x 2 bed unit and 1 x 3 bed flats.
- Christ Church, Commercial Street, London, E1 6LY

PA/15/2119/LYM

This proposal is for two free standing signs for Christ Church Spitalfields. There is no alteration, extension or demolition of any part of the listed building.
- Flat 6, 20-24 St Matthew's Row, London, E2 6DT

PA/15/2206/DHA

Internal refurbishment of the flat which would include removing the wall between the living room and the kitchen.
- 173 East India Dock Road, London, E14 0EA

PA/15/2224/KFL

Tempoary approval (5 years) for the change of use from a commercial unit (130sq.m.GIA) for retail use (use class A1) (previously the lansbury pharmacy) to use as a day nusery and creche (use class D1).
- Former Christchurch Spitalfields Church Hall,
22A Hanbury Street

PA/15/2256/SEA

Addition of automatic opening vents, rooflight, lightning conductor rod, antenna, satellite dishes and vent pipes to roofscape.
- 33 Commercial Road, London, E1 1LD

PA/15/2145 & 2146/SEA

Internal fit out works to basement and ground floor retail unit (A1/A3/A4 use) and creation of mezzanine floor between ground and first floors (amended scheme to that approved under PA/14/02794)
- Christ Church, Commercial Street,
London, E1 6LY

PA/15/2115 & 2116/LYM

Erection of railings and a gate on the northwest corner of the church on Fournier Street, on the site of historic railings.
- 14 Matlock Street, London, E14 7NN

PA/15/2168/ZAP

The proposal is to add a new 4 person / 3 bedroom house with outdoor space within a disused side access way. The new building will be set back from the main street line, be the same height as the existing terrace and its windows, doors and facade treatment will match the neighbouring properties.
- Grove Court Bow Wharf, 221 Grove Road,
London, E3 5SN

PA/15/2187/HDH

Change of use of former antiques shop and estate management suite to restaurant and bottle shop with tasting room and external seating area.
- 253 Globe Road, London, E2 0JD

PA/15/2190/KHM

Application for: Change of use from class A3 (Restaurant) to class D1 (School of meditation) Erection of a minor extension to the rear of the building Changes to all external elevations
- Rochelle School, Arnold Circus, London, E2 7ES

PA/15/2194/SEA

Internal alterations to Rochelle Hall in Rochelle School.
- 12 Cable Street, London, E1 8JG

PA/15/2200/LYM

Retrospective application for the retention of museum signage

- 1-7 Temple Yard, London E2 6QD

PA/15/2214/HDH

Prior Notification for change of use from B1(a) to C3 (residential dwelling).
- Central Foundation Girls School Lower School,
College Terrace, London

PA/15/2046/JTH

Listed building works for the revision of the internal layouts of the flats approved under PA/12/02578.
- 2A Sidney Street And 303 Commercial Road,
London, E1

PA/15/2139/ADW

Proposed 3rd and 4th floor extension to create a 1 bedroom flat on the third floor and a 3 bedroom duplex on 3rd and 4th floors (third floor extension previously approved under PA/12/03259).

Application for Variation of Condition 2 (approved drawings) of planning permission reference PA/14/00457, dated 25/04/14, for a proposed Minor Material Amendment to the development comprising
- 161 Bow Road, London, E3 2SG

PA/15/2129/SAE

Change of use of underused first floor office space (Use Class B1) to residential use (Use Class C3)
- 2-12 Cambridge Heath Road, London, E1 5QH

PA/15/2006/GGW

Application for variation of condition 2 (Approved Plans) of planning permission dated 17/12/2014, ref: PA/14/01045.
- 184 Hackney Road, London, E2 7QL

PA/15/1987/AHU

Construction of a rear extension at first, second and third floor levels to enlarge existing studio flats; relocation of existing flue internally; and extension of existing shopfront.
- 96 Whitechapel High Street, London, E1 7RA

PA/15/2150/LYM

Proposed new extractor flue to rear
- 9 Artillery Passage, London, E1 7LJ

PA/15/01864/KFL

Fixed Fabric Awnings to First Floor Windows (retrospective)
- 406B Hackney Road, London, E2 7AP

PA/15/02017/HDH

Change of use from Dental Surgery (Class D1) to Class A1 Retail Shop on the ground floor and basement with a 1 bed flat on the ground floor and basement with 2 bed flat at 1st and 2nd floor.
- 6 Wilkes Street, London, E1 6QF

PA/15/2117 & 2118

External and internal alterations including replacement of 5 existing windows, and installation of 1 new window, each at basement level. New door and wall to enclose existing rear passage. Lowering basement floor level. Removing existing rear downpipe.
- Navis House, 66 Lindfield Street, London

PA/15/1661/SAE

The use of two parking spaces (namely no. 28 and 29) within the basement parking area of a residential block as storage space and installation of metal railings.
- 15 Artillery Passage, London, E1 7LJ

PA/15/02093/KHA

First Floor Rear Extension.
- 86 Brick Lane, London, E1 6RL

PA/15/1705/KHA

Installation of internally illuminated projecting sign and installation of 2 glass panels either side of main doors inside entrance lobby. Logos on glass panels to be on outside of glass panels and internally illuminated. Installation of 2 LED downlights within entrance lobby
- 12-14 Vesey Path, London, E14 6BT

PA/15/2161/BMC

Temporary approval (5 years), for the change of use from a commercial unit (254sq m)for retail use (Use Class A1) (previously shoe world), to use as a Business Enterprise Support Centre (Use Class B1).
- Junction of Stepney Way and Sidney Street,
London, E1 2ET

PA/15/02142/ADW

Installation of 15 metre tall telecoms monopole complete with 3 no. antennas within a shrouded upper portion; 2 no. 300mm diameter dish antennas; 4 no. equipment units; plus ancillary works.
- Bow Road Lt Station, Bow Road, London, E3 4DH

PA/15/2274/SAE

Alteration of the ticket office windows by covering them with bespoke timber panelling and vinyl covers applied to the light fittings above the ticket office windows and associated alterations .
- 27-29 and 33 Caroline Street, London, E1 0JG

PA/15/2164/PLA

Demolition of existing buildings at 27-29 and 33 Caroline Street and erection of two buildings up to 9 storeys in height to provide 56 residential units and landscaped amenity space, cycle parking and associated works.
- The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

1 Arbour Square, London, E1 0SH

PA/15/2184 & 2185/ZAP

Internal and external alterations and additions to the existing dwelling consisting of:

- Reintroducing a fanlight over the front door to match neighbouring properties
- Relocate a soil vent pipe to the outside of the external wall to the rear of the house
- Remove wall to create a more useable living room / dining room
- The existing non original stair will be replaced with a Georgian staircase
- Internal reconfiguration/refurbishment of first floor

93 Cadogan Terrace, London, E9 5HP

PA/15/1935/BMC

Rebuilding of stepped access to building plus additional storage in the lightwell.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 31st August 2015

OWEN WHALLEY

Head of Planning and Building Control



Public notices

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – OLD BETHNAL GREEN ROAD E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location:

- a) At the junction of Old Bethnal Green Road and Teesdale Street;
- b) In Old Bethnal Green Road between its junction with Canrobart Street and its junction with Blythe Street;

Reason: To allow essential works to be carried out on the public highway by LBTH;

Alternative Route: Via Old Bethnal Green Road, Mansford Street or Temple Street, Hackney Road and vice versa or Old Bethnal Green Road, Canrobart Street (southbound), Bethnal Green Road and Cambridge Heath Road;

Period: From Monday 7th September 2015 to Friday 11th September 2015.

Please refer any queries regarding the above traffic restriction to Moira Underwood, Street Scene Engineer, Engineering on 020 7364 6529 or email, moira.underwood@towerhamlets.gov.uk

Dated: 31st August 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – CORBET PLACE & JEROME STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location:

- a) Corbet Place, for a distance of approximately 30 metres, east, from its junction with Jerome Street;
- b) Jerome Street, between its junction with Commercial Street and its junction with Calvin Street;

Reason: To allow essential works to be carried out on the public highway by Verizon Business;

Alternative Route: For vehicular traffic will be via Commercial Street, Quaker Street (eastbound), Wheler Street and Calvin Street or Commercial Street, Hanbury Street and Corbet Place (northbound) or Corbet Place, Grey Eagle Street, Calvin Street;

Period: From Tuesday 8th September 2015 to Thursday 17th September 2015.

Please refer any queries regarding traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 31st August 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM

MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WHITEHORSE ROAD J/N DARKIN PLACE E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding the following temporary prohibition:

Location: Whitehorse Road, for a distance of approximately 30 metres to the southernmost end from its junction with Dakin Place;

Reason: To allow essential works to be carried out on the public highway by Optimise Thames Water;

Alternative Route: There are no alternative routes for vehicular traffic as it is a dead end road or cul-de-sac;

Period: From Monday 21st September 2015 to Sunday 20th December 2015.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 31st August 2015

SIMON BAXTER
INTERIM SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG



Charity matches in the US

Repton Boxing Club will be sending a team to Florida on October 22 for a match against the Sharipov Academy.

SEE PAGE 28

Sport

Sporting and Tower Hamlets do battle in Cup showdown



Sporting Bengal are still unbeaten after three games, with two draws and a win

Anwar's stars

BY PETER FAULKNER

SPORTING Bengal and Tower Hamlets served up a scorcher of a local derby in the sunshine at Mile End Stadium when they went head-to-head in their first ever Essex Senior Cup showdown.

Both clubs have new managers, and the honours fell to Sporting's Anwar Uddin as his side pulled off a magnificent 3-1 win to maintain their unbeaten start to the league campaign.

In front of a packed stand, Sporting started the stronger and created the odd chance while Ade Abayomi's Tower Hamlets were managing to keep possession.

However, the deadlock was broken when Sporting's talisman Carlos scored an amazing goal to give his side a half-time lead.

In the second-half Tower Hamlets made several changes. For the first quarter of an hour they were much the better side and capitalised on this pressure when Omar scored to level the game.

That seemed to spur on Sporting and Uddin's tactical change, bringing on Yacine, produced immediate results when he scored the goal of the game, beating four players on the left and then hitting the ball into the top corner.

Tower Hamlets FC's young side, to their credit, kept fighting only to be hit with a counter

in the 89th minute when winger Abdi Mohamed was taken out in the box.

Super-sub Yacine stepped up and made no mistake from the spot.

Sporting, who spent most of last season struggling in the relegation zone, are still unbeaten after three games with two draws and a win.

Imrul Gazi, vice chair of the Bangladesh Football Association, said: "Tower Hamlets have a good young side and we wish them the best for the season.

"This was a great win for our lads and well deserved. The new management team have created an amazing buzz around the camp.

"I hope it's just the beginning for Anwar Uddin and the team."

Football

Poor defence

FC Hamlets 1 Westhamians 3
ON one of the hottest days of the year FC Hamlets started the season in disappointing style.

They were guilty of losing possession too many times in the first half of this Essex Business Houses League match.

Playing on their new home ground at Hackney Marshes, Hamlets found themselves a goal down from a set piece.

In the second half, Hamlets soon found themselves 2-0 down through poor defending.

Substitute Michael Orekoya pulled one back with 20 minutes to go, but Westhamians extended their lead once more.

Beaumont on form

BEAUMONT Masters safely booked their place in the quarter-finals of the **Inner London Foogball League Vets Summer Cup** after they topped group A. Weavers Vets finished second, with Tower Hamlets and Revive Legends knocked out.

In group B, London Tigers Vets secured top spot on goal difference. The Tigers' 7-0 win over

Shadwell Masters played a huge part in giving them top spot.

Basketball

Lions face a blitz

London Lions 88 UMass 107
LONDON Lions started pre-season with a high octane encounter against University of Massachussets (UMass), going down 88-107 at the Copper Box.

The Lions will play in Belgium as part of pre-season and then open up on the road in Plymouth on September 19 before their first home game on September 25 against Leeds Force.



Anwar's stars

Sporting Bengal, Tower Hamlets, Beaumont and more footy action.

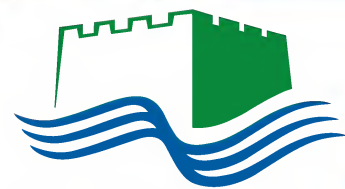
SEE PAGE 27



Colourful night-time fun run

Queen Elizabeth Olympic Park plays host to The Color Run Night on Saturday, September 5. Runners will make their way through illuminated colour zones, bubble stations and blacklight areas.

WWW.THECOLORRUN.CO.UK/NIGHT



TOWER HAMLETS

eastendsport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Repton boxers ready to take on the world

BY PETER FAULKNER

REPTON Boxing Club will be heading both east and west over the next few weeks, with Russia and Florida on their globe-trotting itinerary.

Talented young trio Johnny Johnson, Tommy Roberts and Jessie Dean Harris are on a mission to follow in the footsteps of former club legends.

This week they will be in St Petersburg, Russia, along with 404 other boxers from around the globe at the Junior World Championships.

And in October the club will be boxing against the Sharipov Academy in Orlando, raising money for two American charities.

How the three youngsters perform in Russia will give amateur boxing's hierarchy an indication of whether they may be good enough for the 2020 Olympic Games in Tokyo... providing the lure of the professional ring does not get them before that.

Johnson and Roberts have already proved to be very



Double European junior gold medallist Johnny Johnson

capable fighters on the international stage.

Johnson is the only Repton boxer ever to win a European junior gold medal, not once but twice, and Roberts has a

bronze medal to show for his only appearance.

Harris, who competed in the Euros in the same year as his two club-mates, lost to the eventual champion.

Russia, Cuba, Kazakhstan, Ukraine and USA were the top five boxing nations when the event was last held in 2013 in Ukraine, so Johnson, Roberts and Harris know the task is going to be a tough one.

However, with so much at stake, Repton are confident these kids can shine on the big stage and show they are candidates for Tokyo.

The trip to Orlando from October 22-30 is a first for the club and has been paid for by Londoner Dave Moth, who now lives in the US.

Repton will be sending an eight fighters to America, along with trainer Gary McCarthy, and will be up against the tough Sharipov Academy.

The charities that will benefit are the Police Athletic League (PAL) and Kids Beating Cancer.



Athletics

Night-time fun run

AFTER the sell-out success of The Color Run at Wembley in the summer, the event returns on Saturday, September 5, when Queen Elizabeth Olympic Park plays host to the first ever UK edition of The Color Run Night.

When the sun goes down, thousands of runners will light up London as they make their way through illuminated colour zones, bubble stations and blacklight areas, before crossing the finish line to enjoy the glow in the dark Color Throw festival.

Runners will be treated to special colour packets, glow in the dark T-shirt, face tattoos and a blacklight headlamp.

Visit www.thecolorrun.co.uk/night

Keep fit

For the girls

TILLER Leisure Centre on the Isle of Dogs is launching a new women-only gym, which kicks off with a special open morning on Tuesday, September 7, offering a free trial.

The centre, run by GLL under its brand name Better, aims to encourage more females to take up exercise, with the new gym sessions being held every Tuesday between 9am-12noon.

Better runs female-only sessions across Tower Hamlets. There are also For The Girls sessions at Tiller Leisure Centre for women and girls aged 14 years and over.

Call 7987 5211, visit www.better.org.uk, or email holly.penwarden@gll.org

Landlords, all properties urgently required

0% Commission with Guaranteed rents

We will pay up to 3 months rent in advance the same day you sign



- 2-5 years contracts available
- FREE electrical safety test
- FREE gas safety check
- FREE EPC
- FREE inventory

GUARANTEED RENTS

Your rent is guaranteed each month, even if your property is empty

elliotleigh.com 020 8983 4444

Landlords MAXIMUM rental paid today



- 1-5 Years Guaranteed Rent
- 0% Commission
- Free Maintenance, Property
- Licences & Certificates

020 8980 2226
57 Bow Road E3 2AD

Hammonds
ESTATE AGENT

Properties required in Tower Hamlets, Newham and Redbridge.

www.hammondsestates.co.uk

GREEN CITY MINICABS

24 HOUR SERVICE
TEL: 020 7739 1616
TEL: 020 7613 3033
FAX: 020 7729 2471

AIRPORT	SALOON	ESTATE	MPV
LONDON CITY	£17	£20	£25
GATWICK	£48	£55	£70
HEATHROW T-1-2-3	£38	£45	£55
HEATHROW T-4-5	£40	£48	£60
LUTON	£50	£58	£70
STANSTED	£40	£48	£60

We also do stations and other destinations
Hire a Caravan
5, 7 & 9 Seater - available - 1212 licensed



Big fun at the Big Top

Circus craziness at this year's free Crisp Street Festival

SEE PAGE 4



Building your dream home

Win tickets to Homebuilding and Renovation Show

SEE PAGE 6



A grilling from Gordon

City bankers make way for our ravenous reviewer

SEE PAGE 7

ISSUE 1075 31 AUGUST – 6 SEPTEMBER 2015

WWW.TOWERHAMLETS.GOV.UK

geta**life**

eastendlife ARTS | REVIEWS | EVENTS | TV

Hurrah for Horne

Alex Horne leads an eclectic line-up at Spiegeltent – see page 5

Sleepless Nights?

Not any more!

Call in for a coffee and a chat. You're bound to find a bed, mattress or furniture bargain which is just your cup of tea!



CALL OUR HOTLINES **Now!** ☎ **020 7377 2695**
☎ **020 7247 1581**

www.happynightmares.co.uk

HUGE SELECTION OF
•BEDS •MATTRESSES
•BEDFRAMES •SOFAS
•WARDROBES •DINING
TABLES •CHEST OF
DRAWERS IN
STOCK NOW!

All types and sizes of MATTRESSES in stock now!

- Orthopaedic •Open Coil •Pocketprung •Memory Foam •Pillow Top •Special Sizes •Made to Measure



All types and sizes of DIVAN BEDS in stock now!



Great Prices!

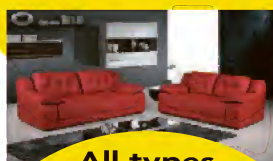
All types and sizes of BEDFRAMES in stock now!

- Metal •Leather •Fabric Wood •Traditional & Modern Designs



All types and sizes of SOFAS in stock now!

- 2 Seaters •3 Seaters •Corner Sofas •Recliners



All types and sizes of BUNK BEDS in stock now!

- Doubles •Triples •Wood •Metal



All types and sizes of WARDROBES in stock now!



All types and sizes of CHEST OF DRAWERS in stock now!



All types and sizes of TABLES, CHAIRS & DINING ROOM FURNITURE

And much, much more!



FAST
NEXT DAY DELIVERY
OR COLLECT FROM STOCK

www.happynightmares.co.uk

BUY NOW ONLINE OR OVER THE PHONE

☎ **08453 709709**

OR VISIT ONE OF OUR WAREHOUSES

LONDON

HARLOW

020 7247 1581

01279 422212

Unit 67/68 Vallance Road, Whitechapel, London E1 5BW

Unit C, St James Centre, East Road, Harlow CM20 2SX (Behind the Range)

OPEN 7 DAY A WEEK

EASY PARKING



Celebrating the river

Totally Thames is a month-long season of river-related events including art, music, family fun, talks, walks and boats galore.

WWW.TOTALLYTHAMES.ORG

Out & about

ARTIST Bhajan Hunjan, in collaboration with Delvendahl Martin Architects, is creating Transient Matters, a short lived intervention in the courtyard of Bow Arts as part of London Open House. Alongside is Arranging Re-arranging, an exhibition of new work created by Bhajan during her Arts Council England funded project. Bhajan's exploration of new materials and techniques will provide an insight into ways of incorporating art into architecture and the built environment. Also on display will be a selection of visuals from make:good and Julia Vogl, showcasing their public art and public realm works with Bow Arts.



Transient Matters runs until Friday, September 25, with an Open House on Saturday, September 19 between 11am and 4pm where visitors can meet the artist and architects. Bow Arts is at 183 Bow Rd, E3. Visit www.bowarts.org

Exhibitions

The London Open 2015

Open-submission exhibition showcasing works by 48 artists chosen from more than 2,000 applications. Until Sun, Sept 6. Free. Whitechapel Gallery, 77-82 Whitechapel High St, E1. www.whitechapelgallery.org

Colin O'Brien:

East London Life

Street photographer Colin O'Brien keeps it local with this show of black-and-white images. Images include a car accident in Clerkenwell in the late 1950s, travellers in London Fields from 1987, and more recent shots of Shoreditch scenesters. Until Sat, Sept 12. Free. Unit G, 12A Collent St, E9. www.unitg.london/gallery

The Fifth Pan-African Congress

Marking the 70th anniversary of the Pan-African Congress, this show presents rarely seen photographs by John Deakin of the influential 1945 meeting. Until Sat, Sept 12. Free. Rivington Place, Shoreditch, EC2A.

www.rivingtonplace.org

Performed Painting

Four artists engage with painting through performance, film and video, as well as action painting. Until Sat, Sept 12. Weds-Sun, 12noon-6pm. The Ryder, 19a Herald St, Bethnal Green, E2. www.theryderprojects.com

Place & Space

A new show that displays a range of work by contemporary artists who make a statement about their place in the modern world. Until Sun, Sept 20. 12noon-7pm. Espacio Gallery, 159 Bethnal Green Road, E2. www.espaciogallery.com

Henry Taylor

The Los Angeles-based artist known for his portraits that capture all walks of his community, from art scene movers and shakers to drug addicts, presents a new series of works. Until Sat, Sept 26. Free. Thurs-Sat, 12noon to 6pm. Carlos/Ishikawa, Unit 4, 88 Mile End Road, E1.

www.carlosishikawa.com

The Line

Sculpture trail along three miles of waterways including the Royal Docks and the River Lea, features work from Damien Hirst, Martin Creed and Eduardo Paolozzi. Until Thurs, Dec 31. Free. www.the-line.org

Events

River Family Festival

A day to explore the sights, sounds and stories of the Thames. Take part in craft and storytelling sessions. Sat, Sep 26. 12noon-4pm. Free. Museum of London Docklands, 150 London Wall, EC2Y. www.museumoflondon.org.uk/docklands

Genesis Poetry Slam

An evening of spoken word and cocktails where the audience can watch slammers go head to head for a chance to win a place in Hammer and Tongue's National Finals 2015. Thurs, Sept 3. 7pm. Free. Genesis Cinema, 93-95 Mile End Road, E1. www.genescinema.co.uk



A chance for talent to shine

The Upstart Crow Festival is organised and curated by the collective known as Upstart Crow, a not-for-profit group made up of singer-songwriters who want to showcase local talent.

WWW.UPSTARTCROWFESTIVAL.COM

Your dates, our diary

Do you have dates for our Out & About diary? Email details to eastend.life.news@towerhamlets.gov.uk

DETAILS BELOW

Out & about

Film

Inshort Film Festival

A multi-national programme of short films.
Until Sat, Sept 5.
Rich Mix, 35-47 Bethnal Green Road, E2.
www.richmix.org.uk

Music

Shahlaa Discovers

#ShahlaaDiscovers is a talent showcase with unsigned acts performing to an industry panel.
Mon, Sept 7, 7pm. Free.
Rich Mix, 35-47 Bethnal Green Road, E2.
www.richmix.org.uk

Big Fish Little Fish Family Bangla Music Festival

This unique festival showcases the evolution of Bangla Music.
Sun, Sept 27, 12noon-7pm. Free.
Rich Mix, 35-47 Bethnal Green Road, E2.
www.richmix.org.uk

Theatre

Stories from the Heart

Performed by members of Marginal Voices and inspired by their personal stories, each distinctive piece offers a glimpse into the lives of four remarkable women as they continue to move forward on their journey to freedom.
Sun, Sept 20, 7pm.
£10, £8 concs.
Rich Mix, 35-47 Bethnal Green Road, E2.
www.richmix.org.uk

Celebration of singing talent

THE Upstart Crow Festival is set to return this September for a second year with live music from some of London's finest singer-songwriters.

The collective known as Upstart Crow, a not-for-profit group, is behind the festival, which will take place on Sunday, September 27.

Acts performing include Monica Queen, Michele Stodart of The Magic Numbers, Stick In The Wheel, Brooke Sharkey, Simon Stanley Ward and Joe Wilkes.

This free, one-day festival takes place beneath the canopy in Spitalfields Market, E1, from 12noon-10pm. As well as live music there will be locally sourced street food and drink available.

For more information and a full line-up of acts visit www.upstartcrowfestival.com

Right: Monica Queen



Things to do

The Etienne Sisters

A play by Chè Walker exploring what it means to be part of a family today.
Until Oct 3, £12.
Theatre Royal Stratford East, Gerry Raffles Square, E15.
www.stratfordeast.com

The Collector

Blink theatre commemorates 50 years of John Fowles' novel.
Until Sat, Nov 14, £12.
The Space, 269 Westferry Road, Isle of Dogs, E14.
www.space.org.uk

Bird Barmy Army

A chance to discover the feathered friends living in Vicky Park.
Sat, Sept 5, 10am to 12.30pm.
V&A Building, Victoria Park, Grove Road, E3.
7364 4504

Teddy Bears Picnic

Bring your favourite teddy and a picnic and enjoy storytelling, fun, games and music.
Wed, Sept 9, 12.30-3.30pm.

Booking advised.
V&A Building, Victoria Park, Grove Road, E3.
7364 4504

River Worlds

Explore the banks and buildings along the Thames and discover what is hidden under the water in an art workshop.
Sat, Sept 26, 12noon-1.30pm and 2.30pm-4pm. Free.
Museum of London Docklands, 150 London Wall, EC2Y.
www.museumoflondon.org.uk/docklands

[uk/docklands](http://www.museumoflondon.org.uk/docklands)

Multilingual Poetry Group: World War One Commemoration

An opportunity to listen to works by notable First World War poets such as Wilfred Owen and Siegfried Sassoon, as well as works from present day poets including Carol Ann Duffy and David Harsent.
Until Sept 30. Free.
Idea Store Whitechapel, 321 Whitechapel Road, E1.
7364 4332

Walks

Archaeological Walk at Burrell's Wharf

A walk for adults exploring the history of shipbuilding on the Isle of Dogs.
Part of the month-long Totally Thames Festival.
Thurs, Sept 3, 10am-1pm. £8.
Meeting at Boat Slipway, off Ferry Street, Isle of Dogs, E14.
www.totallythames.org

Whitechapel Walks

Join a walking tour exploring the rich history of the Whitechapel Gallery and the local neighbourhood.
Sun, Sept 6, 3pm. Free.
Whitechapel Gallery, 77-82 Whitechapel High Street, E1.
www.whitechapelgallery.org

Discovering London's Ancient Harbours: The Ports of London

Explore London's maritime history and be taken back to Roman times. Part of the Totally Thames Festival.
Sat, Sep 5 and 19, 2-5pm. £8.
Museum of London Docklands, 150 London Wall, EC2Y.
www.museumoflondon.org.uk/docklands

History Tours

Tours by Wilton's researcher and historian provide a glimpse into the life of the last surviving building of its kind.
Every Mon until Oct 26, 6pm. £6.
Wilton's Music Hall, Graces Alley, E1.
www.wiltons.org.uk



SPIEGELTENT
CANARY WHARF
THURSDAY 10 - SUNDAY 20 SEPTEMBER
CANADA SQUARE PARK
11 SPARKLING DAYS OF CABARET, MUSIC, CIRCUS, COMEDY & KIDS EVENTS

PLAY ME, I'M YOURS
AT CANARY WHARF
FROM MONDAY 14 SEPTEMBER
DAILY / THROUGHOUT CANARY WHARF / FREE

RSC LIVE: OTHELLO
MONDAY 21 SEPTEMBER
7PM (DOORS 6.30PM) / EAST WINTERGARDEN / £10

THE LUNCH MARKET
WEDNESDAY 23 SEPTEMBER
11AM-3PM / CANADA SQUARE PARK / FREE TO VISIT

COMING SOON
IN CONCERT WITH...
SKYE & ROSS
FRIDAY 2 OCTOBER
7.45PM (DOORS 7PM) / EAST WINTERGARDEN / £20*

CANARY WHARF COMEDY CLUB
MONDAY 5 OCTOBER
7.15PM (DOORS 6.30PM) / EAST WINTERGARDEN / £12

BOOKING
SEETICKETS.COM / 0871 220 0260
IN PERSON: ON THE DOOR
(subject to availability)
Booking fees apply. All details correct at time of press. *Maximum 6 tickets per order.

FOR MORE INFORMATION
VISIT CANARYWHARF.COM
TWEET US @YOURCANARYWHARF



Walk the line

The Line is London's first modern and contemporary art walk.

SEE GAL PAGE 2



Free day of circus fun

From hula hooping to hotdogs, the waltzers to stilt walkers; clowns to cupcakes... it's all happening at Chrisp Street Festival this Sunday from 12noon till 6pm.

WWW.CHRISPSTREET.ORG.UK

Get a Life!

Clowning around at Chrisp Street

HEAD to Poplar for a free day of circus-themed entertainment at the Chrisp Street Festival on Sunday, September 6 from 12noon-6pm.

Aircraft Circus will perform aerial acrobatics, and Circus Square will be showcasing a mix of dance, art, poetry and live music.

If you're itching to get involved, you can head to The Big Top and take part in acro-balancing, hula hooping, face painting, juggling and plate-spinning workshops, or stroll down Circus Path for an exciting carousel act while the kids enjoy roaming performers.

Fairground lovers can take a ride on the waltzers, enjoy a game on the coconut shy or a battle with the Strongman, while Zanies Way will play host to magicians, clown stilt walkers, interactive street art and children's entertainers.

Food will be provided by the Bite Street Food collective, which promises a range of traders including Spanish specialities



from El Marinero and hotdogs with Oh My Dog. Back Street Diner will be providing burgers, and Cat Food will be serving hand-crafted cupcakes that you can enjoy with a Black Box Coffee brew.

Chrisp Street Festival is organised by Poplar HARCA housing association and supported by The High Streets Fund and the Mayor of London.

Visit www.chrispstreet.org.uk

Dance

Argentinian tango E14

Class. Sat 1-5pm. £5.
St John's Community Hall,
37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free
refreshments. No beginners.
Kingsley Hall, Powis Road, E3.
8550 1392

Brazilian dance aerobic classes

Weds 9-10am & Thurs,
1-2pm. Free.
Alpha Grove Centre,
Isle of Dogs, E14
7538 1714

Energize4Girlz

South African gumboot
dancing.
Every other Saturday from
11am-12:30pm.
St Pauls Shadwell Church,

302 The Highway, E1.
energize4girlzdance@gmail.com

Green Candle Senior Dance

Over-60s, no experience
is necessary.
Tues, 10.30am-12.30pm,
one free taster session.
Oxford House, Derbyshire
Street, E2.
7739 7722

Salsa

For dancers of all experience,
beginners welcome, followed
by dancing until midnight.
Prices vary. Free first class
for ladies.
Every Weds, 7.30-9.30pm.
The Urban Bar, 176
Whitechapel Road, E1.
07932 658861

Swing Dance

All ability levels welcome.
Every Fri, 7-9pm. £7 per person

LAMA'S PYJAMAS

BUMPER SUMMER SALE

Tuesday 1st - Saturday 5th September



Lamas Pyjamas
Charity shop for the London Buddhist Centre



Photo: www.greenlenstudios.com

Weekdays: 12.00am – 6pm

Saturdays: 10.30am – 6pm

83 Roman Road | Bethnal Green | E2 OQN



Find us on
Facebook

www.lamaspyjamas.com



Bishop Challoner
Catholic Federation of
Schools

Open Evenings 2015

Girls' School - Monday 14th
September, 5-7pm

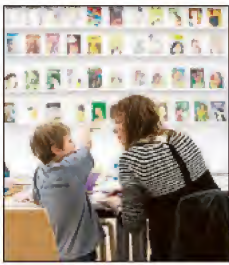
Boys' School - Tuesday 22nd
September, 5-7pm

Parents can also visit the school
for tours at 9:00am and 9:30am
every Monday (Girls) and
Tuesday (Boys) from 14th
September - 12th October



352 Commercial Road, E1 0LB - 02077919500 - @ChallonerCFS





For the love of books...

Returning to the Whitechapel Gallery for its seventh consecutive year, the London Art Book Fair will see more than 90 independent publishers and presses exhibit and sell their work over four days.

SEE BELOW

All under one roof

A Spiegeltent is a large travelling tent, made from wood and canvas decorated with mirrors and stained glass.

SEE BELOW

Get a Life!

or £10 for a lead/follow couple.
The Hall, St Margaret's House,
21 Old Ford Road, E2.
8980 2092

Zumba classes

Every Tues 11.15am-12.15pm.
Healthy living sessions every
Fri, 11am-3pm.
St Matthias Community
Centre, 113 Poplar High St, E14.
7515 8362

Kids

Ballet for children

Every Thurs. Ages 2 & 3 years,
2-2.30pm; 4-6 years, 4.45-5.15pm.
Alpha Grove Community
Centre, Isle of Dogs, E14.
nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.
Tower Project, 45-55 White
Horse Road, E1.
naima@towerproject.org.uk
7790 9085

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and
strides I, 4-5yrs; leaps and
strides II, 5-6yrs; dash, 7-11yrs.
Sat mornings. £44-49.50 per
term or £4.50/£5 per term,
plus concessions.
Chisenhale Dance Space,
64-84 Chisenhale Road, E3.
8981 6617
chisenhaledancespace.co.uk

Pollyanna Training Theatre

Drama and musical theatre
for ages 4-16 in Wapping, E1.
7481 1911

Rhyme time

Thurs, 2-3pm.
Watney Market Library,
30-32 Watney Market, E1.
7790 4039

Young & talented?

Performing arts group for 6-
to 16-year olds. Sats, 10.30am-
1.30pm, term-time. Oxford
House, Derbyshire Street, E2.
8556 5348

Parent & child

Dance play

Dance and movement, songs
and rhymes for parents/carers
and their children aged 1-5
years. Weds, 10.30-11.30am,
term-time only. Cost £2 per
child (in adv) or £3.50 drop-in
rate, discounts available.
Language of Dance Trust,
Oxford House, Derbyshire
Street, E2.

7749 1131

info@lodc.org

Toyhouse library

Mons, 1.30-3.30pm, Halley
Primary School, Halley Street,
E14. Tues, 2-3.30pm, Cayley
School, Aston Street, E14. Weds,
9.20-10.45am, Harry Roberts
Nursery, Harford Street, E1.
1-2pm, TH Opportunity
Playgroup, 583 Commercial

Festival of eclectic fun

AN 11-day festival returns to Canary Wharf this September, with a packed schedule for adults and children.

This year Spiegeltent Canary Wharf will be located at Canada Square Park, E14, from September 10-20, and will host a programme of comedy, music, dance, cabaret, acrobatics, theatre and much more.

For the adults the entertainment is award-winning – Las Vegas veteran **Peggy Sued** (pictured right) will open the festival with a one-night-stand of variety starring **Pete Firman**, **Mr B The Gentleman Rhymers** and **Rod Laver**.

Comedy will be provided by some of Britain's finest acts. **Alex Horne and The Horne Section** return with a brand new barnstorming show. Scotland's internationally acclaimed and award-winning 'half-man-half-Xbox' **Daniel Sloss** brings his new show *Dark* direct from the Edinburgh Festival. The improvisation comedy champions **BattleActs!** perform their no-holds-barred comedy combat, and the psychic siblings **The Twins Macabre** will conjure souls of the damned through twisted sketches and songs.



Aircraft Circus also return with their acrobatic show, *Boudoir Circus*. The BBC Folk Club winners **The Nest Collective** present three folk music gigs: Nepalese band **Night** play traditional Nepali instruments to create their new-school folk; the unique blend of circus swing and burlesque folk of **Gabby Young + Other Animals**, plus the **Nest Collective House Ceilidh Band**; and, finally, the acclaimed impres-

sionist, art-folk ensemble **Fire-fly Burning** with support from multi-instrumental trio **Three Cane Whale**.

The **London Academy of Dance** will be offering dance lessons for beginners, while creative workshops take the form of scrapbooking with **Shimelle** and expert gingerbread icing with **Serena Montesissa**, as part of the *Play Me I'm Yours Piano* project.

Daytime is playtime with a

fantastic selection of activities for families.

Returning are **Big Fish Little Fish** and their Family Rave, providing a creative, exciting music and dance party. Comedy Club 4 Kids will present family-friendly comedy from the best stand-ups and sketch acts including **Luke Toulson**, **Bec Hill** and **Howard Read**.

Meanwhile, new this year is the interactive theatre experience of **Ready Steady Colour**, children's cabaret and comedy from **Huggers Family Cabaret**, the critically acclaimed classical concert series for babies and toddlers **Bach to Baby**, and the storytelling, musical puppetry of **Theatre of Widdershins** performing *The Elves and The Shoemaker*.

Musical workshops are provided by **Boppin Bunnies**, who will take children on a musical adventure with real instruments and live music performances, and acclaimed singer/songwriter **ESKA**, who will lead a lively sing-along and improvising child-friendly workshop, *Eska's Family Sing Song*.

For tickets visit www.see tickets.com/tour/spiegeltent-canary-wharf

THE London Art Book Fair, the UK's largest event dedicated to international contemporary art publishing, returns to the Whitechapel Gallery from Thursday, September 10. Across four days the fair brings together more than 80 art book publishers and artist bookmakers from around the world, as well as talks, events, book signings and workshops. There will be a special focus on Scandinavian art publishing, as well as Emin International, featuring Tracey Emin objects and books; London design collective Studio Calm & Collected; and projects from



Banner Repeater. New and rare titles from galleries such as the Hayward Gallery and South London Gallery will be available, and visitors can attend book signings, performances and

talks with renowned artists and writers, and learn to make their own books and graphics. Whitechapel Gallery is at 77-82 Whitechapel High Street, E1. Visit londonartbookfair.com

Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

Yoga for pregnancy and mums and babies

Pregnancy class suitable from 14 weeks. Mums and babies classes suitable from six weeks until baby is crawling.
07958 645978
www.clareday-yoga.co.uk

Social

3 Bees Café

Healthy vegetarian and fish dish, served for just £3, takeaways available.
Tuesdays, 4-8pm.
Kingsley Hall Community Centre, Powis Road, E3.
07501 468 193

Bingo

Mons 6.45-9pm.
Tredegar Community Centre, 333 Morville Street, E3.
07884 168176

Birchfield OAPs club

Mon-Fri, 7-9.30pm;
Weds, 1-4pm.
50 Saltwell Street, E14.

Fern Street Settlement

Fern Street, E3.
7987 1949

Globe Town bingo club

Pensioners group with bingo and social activities. Thurs, doors open 12pm. Bingo 2-4pm.
Globe Town Community Centre, Bullards Place, E2.
07939 965141

Golden Ladies

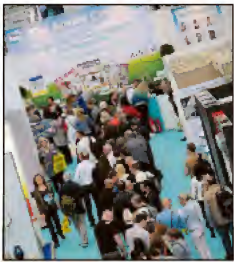
Pensioners group for bingo and social. Weds, 2-4pm.
Isle of Dogs Bowls Club, Millwall Park, E14.
7987 6824

Little Spitz' under-5s playgroup

Weds, 10am-12pm, 50p.
Tours and stories.
Spitalfields City Farm, Buxton Street, E1.
7247 8762

Tower Hamlets U3A

Courses for over-50s to learn T'ai Chi, jazz and art appreciation, history walking and more. £10 yearly membership. Various days and times.
St Margaret's House Settlement, 21 Old Ford Road, E2.
7247 4283



Home help

From clever interior design tips to advice on planning permission.

SEE BELOW

Win one of ten pairs of tickets...

Send your answer, clearly marked 'Homebuilding Show', to East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BG, including your name, address and daytime telephone number, by 5pm on Tuesday, September 8.

ALTERNATIVELY EMAIL EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Reader offer

Build your dream home

THE South East has seen the largest rise in self-builders in the UK in 2015, and this year's London Homebuilding & Renovating Show is set to attract thousands more visitors at its new venue – ExCel at Royal Victoria Dock.

The show, from September 25-27, will celebrate the 25th anniversary of Homebuilding & Renovating magazine, and will highlight how the property market and architectural and design trends have evolved over this time.

People who are unsure how to undertake a house-build will have access to expert guidance at 15-minute consultations, in-depth seminars and master classes hosted by the UK's



Expert advice from Charlie Luxton and Julia Kendell



leading property experts. There will also be more than 350 companies displaying the latest products and services.

Gabrielle Blackman, the BBC's DIY SOS interiors specialist, will be making her debut on the show's expert panel to provide inspiration and advice

on how to tackle architectural and interior innovations.

Charlie Luxton, sustainable architectural designer and presenter of More 4's Building the Dream, and **Julia Kendell**, interior design expert and co-presenter of ITV's Rebuild Our Home, will return to share



insights on current trends. Topics such as eco living and homes of the future will be covered by Charlie on Friday, while on Saturday, Julia will discuss sprucing up your home through clever interior touches.

Ask the Architects zone will be hosted by the Royal Institute of

British Architects. To tackle the challenge of obtaining planning permission, **Sally Tagg** and her team of experts at the planning clinic will advise how to make an application and jump through all the necessary hoops.

Tickets are £12 in advance or £18 on the door (under-16s

go free). Visit www.homebuildingshow.co.uk/London or call 0871 231 0824 (10p per minute plus network extras).

East End Life has ten pairs of tickets to give away.

To be in with a chance of winning a pair of tickets, send your answer to the question below to eastendlife.news@towerhamlets.gov.uk, putting 'Homebuilding Show' in the subject line.

Q. What is the venue for this year's London Homebuilding & Renovating Show?

Alternatively, send your entry on a postcard to: Homebuilding Show, East End Life, Town Hall, Mulberry Place, 5, Clove Crescent, E14 2BG.

Entries must include your full name, address and daytime telephone number and must arrive by 5pm on Tuesday, September 8. Multiple entries will not be considered. Competition rules apply.



SIR JOHN CASS REDCOAT SCHOOL

Stepney Way, London E1 0RH

Tel: 020 7790 6712

Web: www.sjcr.net

Email: info@sjcr.net

SECONDARY SCHOOL OPEN MORNINGS 2015

Please arrive at 9.45am. Tours run from 10.00am to 11.00am

September 2015

Friday 4th September
Monday 7th September
Wednesday 9th September
Friday 11th September
Monday 14th September
Wednesday 16th September
Friday 18th September
Monday 21st September
Wednesday 23rd September
Friday 25th September
Monday 28th September
Wednesday 30th September
(please note that if Eid-al-Adha falls on 23rd or 25th the school will be closed)

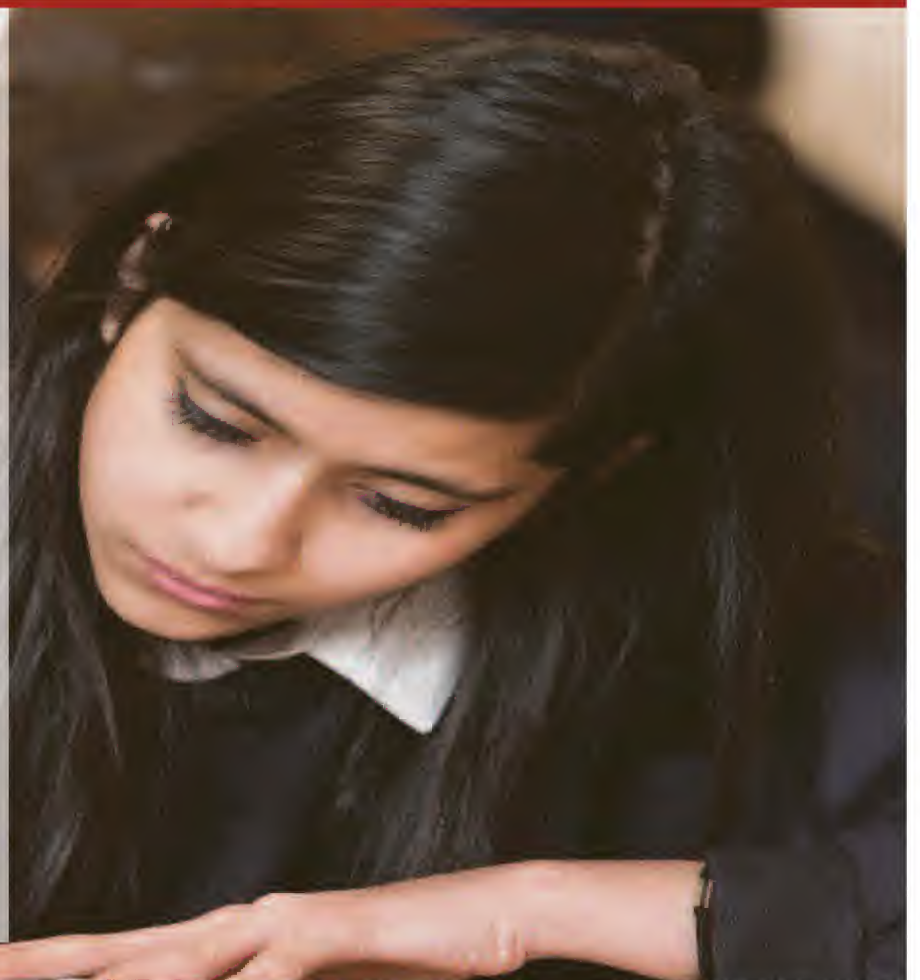
October 2015

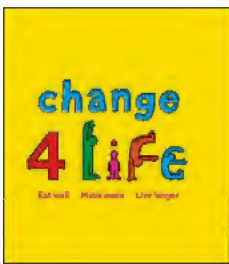
Friday 2nd October
Monday 5th October
Wednesday 7th October
Friday 9th October
Monday 12th October
Wednesday 14th October
Friday 16th October
Monday 19th October
Wednesday 21st October
Friday 23rd October

Open Evening

Monday 28th September
5-7pm

visit www.sjcr.net to find out more





Five good reasons to eat five a day?

1. They're full of vitamins. 2. They help keep your weight down. 3. They're a source of antioxidants. 4. They cut the risk of heart disease and some cancers. 5. They are delicious!

WWW.5ADAY.NHS.UK

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4940

Eating out, eating in

Steak your claim on this classy set menu

BY GORDON BLUE

IT'S the height of summer in date alone and as I struggle through the slick of rain from Liverpool Street, the idea of a gin martini moves from 'nice to have' to 'coping mechanism' category.

I arrive early and am offered the choice of sitting either at the table or the cocktail bar, which goes to prove I haven't been here before as they would have just wheeled me to the bar no questions asked.

The setting is more gentleman's club than light and airy, with leather booths and crisp white linen, sparkling glass and shimmery silverware – formality seems key and the dark colour palette and low lighting is masculine and moody.

This leads me to wonder if this might be powered by bankers' money, and my feelings are confirmed when I see a burger price-point (without chips) of £13.50! That makes it a whopping £17.50 with essential chips.

Confirmation came in the



Elegant and cosy, with impeccable service – and great food

form of a trio of men who proceeded to order a kilo of chateaubriand steak, with sides of lobster mac cheese. I rest my case.

We cannily opt for a £20 set menu for two courses including a glass of wine. The Silver Fox delicious smoked salmon mousse renders him speechless, while

my meaty and substantial hock terrine is monumental in its earthy, gelatinous bite, counterpointed with the sharpness of gooseberry and toothsome sourdough croutons.

My main of salmon with a fennel and rocket salad remains emblazoned on my retinas: the salmon so perfectly cooked the

texture was almost creamy; the fennel perfection itself, mandolined, paper-thin and marinated to manage the aniseed kick.

The Silver Fox ploughed into a perfect minute steak, served with OK chips (bit too chewy rather than crispy) and a yolky béarnaise. The halved garlic bulb lifted the dish from good to excellent. Everything was served with elegance and care, down to the tiny copper saucepan which came dangerously close to bringing out my inner kleptomaniac.

For sheer cosiness and excellence in cooking I would recommend this place. Service was impeccable and warmed up the austere surroundings.

Two ate two courses, punctuated with hearty wines, for a little over £50 all in.

The set menu offerings provide excellent value, as otherwise this would be a place for special occasions with mains around the £20+ mark.

■ **New Street Grill & Old Bengal Bar, 16a New Street, EC2M. Tel: 3503 0780.**

Packed full of chilli goodness

THIS simple, delicious chilli can be packed with any seasonal vegetables you find at local markets.

It can feed a whole family or can be divided into portions and frozen. All it requires is some quick chopping and then it can be left to simmer for 30-40 minutes.

The ingredients include lentils and beans, which are both known to actively lower cholesterol levels.

Serve the meal with rice or jacket potato and a salad if you wish.

Keep up to date with all things food on Twitter at #THfoodforhealth

Simple Any Veggie Chilli – serves 4

Ingredients

1 onion, chopped
3 garlic cloves, crushed
Suggested vegetables:
2 chopped celery sticks
1 aubergine
1 courgette
1 red/green pepper,
2 carrots
green beans
2 fresh tomatoes

Cup of frozen peas
6 tbsp red lentils
400ml can chopped tomatoes
1 can kidney beans in chilli sauce
2 tbsps tomato puree (optional)
2 tsps cumin powder
pinch of salt and pepper
Vegetable stock cube

Method

1. In a large pot, brown the onion and garlic and then add all of the other chopped vegetables until they are softened.
2. Stir in the cumin powder until fragrant.

3. Stir in chopped tomatoes. When simmering add lentils, kidney beans and frozen peas. Add pinch of salt and pepper.
4. Simmer for 30-40 minutes with lid on. Serve with rice or jacket potato.

By Selina Archer, student dietitian, Royal London Hospital

tiffin
curry in a hurry

Halal Food
Established 1992
Free Home Delivery

Three times winner of
Tower Hamlets
Chef of the year
Curry Club
Curry Club Top 100 UK

FOOD HYGIENE RATING
0 1 2 3 4 5
VERY GOOD

Tel: 020 7702 3832 Fax: 020 7702 3929
AKHANI BIRYANI SPECIALIST

We care and only use Class A fresh meat and poultry

Order online
www.tiffinindian.com

Open 7 Days A Week
(Including Bank Holidays)
12.00 noon - 3.00pm | 5.30pm - 11.00pm
(last order 11.00pm)

BYOB (Bring Your Own Booze)
165 Cannon Street Road, London E1 2LX
Telephone: 020 7702 3832 & 020 7702 3929

CALLING ALL RESTAURANTS

Book 6 adverts on the 'Grub' page & receive **50% off!**

A fantastic offer not to be missed

Call now offer ends soon

The Gaylord
Established in 1989
Fully Licensed & Air Conditioned
Tandoori Indian Restaurant

BEST EVER OFFER FROM GAYLORD
First Indian Restaurant in Isle of Dogs
We were the first to introduce free home delivery in London"

Terms and conditions
1. This offer cannot be used in conjunction with any other offers or discounts. 2. Offer valid until 30/09/2015. 3. Minimum cover charge applies in order to qualify for the offer (£13.95 for adult and children over 12 years of age, £5.95 for Children fewer than 12 years). 4. Evening offer is available on Monday and Tuesday from 18.00 to 23.30 hours only. 5. Lunch offer is available Monday to Sunday (12.00 to 14.30 hours). 6. Minimum of 2 covers required to claim offer for free bottle of wine. 7. Offer for wine includes Gaylord House white or red wine only. 8. Offers are valid for eat in only. 9. Management reserve the right to withdraw the offer at any time prior to the expiry date and also reserve the right to refuse to serve customers who do not understand the terms and conditions of the offer.

Lunch
Free Bottle of Wine or Indian Beer or Round of Soft Drinks
Terms and conditions apply

Evening
Free Bottle of Wine
for party of 2 or more

Kids Under 12
Free Rounds of Soft Drinks

Please bring this add to redeem this offer (or a screen shot)

020 7538 9826
020 7538 0393
www.gaylordrestaurant.co.uk
E-mail: thegaylorde14@yahoo.com

141 Manchester Road,
Isle of Dogs, London E14 3DN

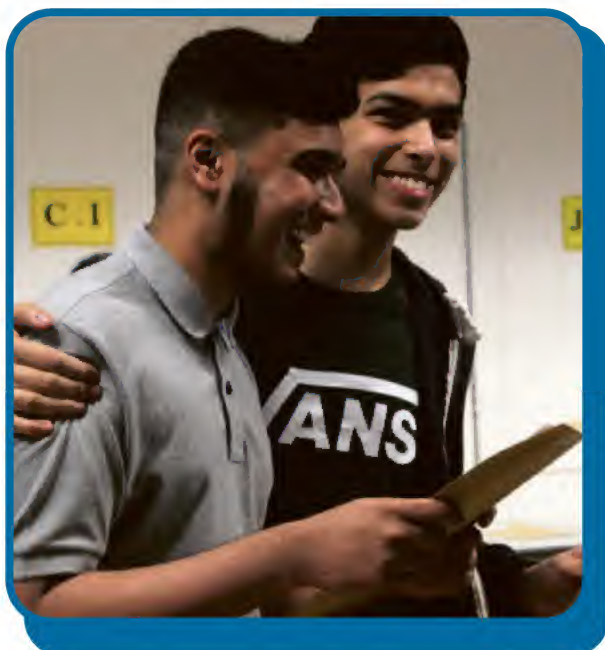
Please book in advance to avoid disappointment

GL002



Oaklands School Sixth Form

In Partnership with Cambridge Heath Sixth Form



**We are still recruiting in
the following subjects:**

 **Level 2 BTEC
Health & Social Care**

 **Level 2 BTEC
Public Service**



For more information please contact:
Shazna Begum
(Sixth Form Administrator)
on **0207 033 7515** or email:
sbegum136.211@lgflmail.org



Oaklands School

Old Bethnal Green Road
London E2 6PR

11 – 19 Comprehensive

020 7613 1014

www.oaklands.towerhamlets.sch.uk